

ACTUAL PROBLEMS OF LONG-DISTANCE RUNNING DEVELOPMENT IN UZBEKISTAN

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ANNOTATION: In the article, the author reveals the actual problem in long-distance running in Uzbekistan and the need for additional research for the sustainable development of long-distance running and attracting young people to this sport.

KEY WORDS: long-distance running, problems in long-distance running, races, competitions.

INTRODUCTION

In the last decade, long-distance running has become popular among the population of Uzbekistan. Every year, participants of various races gain experience in competitions and continue to keep a healthy lifestyle. This trend is still associated with the development of the economy in the country, the average income of the population and naturally, the motivation of the working organizations in the sphere of physical culture and sports to develop and involve the entire population in a healthy lifestyle. In this regard, international competitions in long-distance running are increasingly being held in Uzbekistan, thereby motivating young people to engage in the most accessible sport like running. Indeed, to achieve certain results, there are no needs for a special infrastructure, as in other sports. All you need is comfortable running shoes and sportswear. But despite all achievements in this area at the level of the Republic, our athletes cannot compete in the international arena. Moreover, when fulfilling the standards of master of sports and master of sports of international class, athletes of Uzbekistan face big problems. To study the reasons for the stagnation in the development of long-distance running, it was decided to conduct research work and set tasks, the solutions of which will expand the possibilities of our athletes to prepare at the highest level for certain competitions.

The implementation of resolutions and decrees of the President, as well as the Cabinet of Ministers of the Republic of Uzbekistan on the development of physical culture and sports, provide a huge opportunity for the implementation of the tasks set to improve the health of the population, select talented youth and train national teams in sports. In recent years, a lot has been done in our Republic, stadiums, sports halls and entire sports complexes performing multifunctional tasks have been built. Specialists such as sports methodologists, coaches, lecturers and teachers of physical culture have been trained. A whole system of improving coaching and teaching qualifications has been developed for the further development of physical culture and sports not only in the centers of the Republic, but also in the regions. The level of scientific potential in the field of physical culture and sports has increased, a lot of work has been done in scientific field, the results of which are defended dissertations, where each applicant offers ways and solutions to a particular problem in physical culture and sports.

From our point of view, long-distance running is one of the most accessible sports and when selecting into this sport, we need to pay great attention to this particular type of sport, since the potential of our athletes is huge and there are a lot of talented runners who need a modern scientific approach to achieve high results in the international arenas.

One of the current programs to attract people to long distance running today is the holding of international marathons and half marathons in our country. Thus, through the efforts of the joint work of the Athletics Federation of Uzbekistan, the Ministry of Sports Development and the Uzbek State University of Physical Culture and Sports, step by step they are approaching the goal of selecting talented runners for the next stages. But, since the calendar plan of the competition sets certain deadlines, athletes are often not

able to independently prepare for competitions and bring the level of preparedness to the level of international athletes. This is where additional research is needed in the field of not only improving technical and tactical skills, but also paying great attention to improving the functional state of athletes, accompanied by sports doctors and specialists, so as not to harm the young body and not put it into a state of overtraining.

Methods and research organization:

To identify the reasons for the stagnation in the development of long-distance running in the Republic of Uzbekistan, we compiled an anonymous questionnaire to obtain accurate data on the above problem. A survey and questioning of coaches for long distances was done. The survey and questioning was conducted in all regions of our Republic, and all categories of coaches took part in this experiment, and wishes and recommendations were collected to improve the system of training long-distance runners. The experiment was conducted during the year in all regions of the country. A comparative analysis of advice and recommendations was also made in the context of the regions of the Republic of Uzbekistan.

Results:

By analyzing the answers and opinions of coaches, the following results were taken:

33% of coaches believe that circuit training in long-distance running can increase aerobic capacity and the level of special endurance.

21% of coaches believe that an increase in motor activity and dynamic load on the body increases the adaptive capabilities of the body.

14% of coaches are sure that the load depends only on nutrition, as they give loads based on the nutritional diet of athletes and control only the heart rate.

11% of coaches believe that success in cyclic sports Athletics, and especially in long-distance running, can be achieved only by systematic training with moderate loads and the correct execution of running technique.

9% of coaches pay great attention to the optimization of training loads and the rational choice of training means, as they believe that a properly distributed load is the key to success. Volume and intensity are the main keys to success in long distance running.

8% of coaches insist that only a balanced diet is the determining factor for the successful performance of athletes in competitions.

And only 4% of coaches in long-distance running believe that great success can be achieved only by using pharmacological agents that stimulate the body and increase the functional state. Since without them, they are sure, it is impossible to achieve high results today.

We would like to note that not a single coach mentioned the modern approach to training sessions, the analysis of the training and competitive process, both for mass-level athletes and highly qualified athletes. They also did not mention the use of modern innovative technologies and training methods, which, in turn, provide a huge range of opportunities when analyzing the actions of athletes and identifying technical mistakes. They also did not indicate the improvement of coaching qualifications abroad with leading specialists in long-distance running, gaining experience in laboratories and training centers, holding joint training camps with leading athletes from Asia and the world. Sending specialists for internships to countries where long-distance running is a priority sport. All of the above says that the coaches themselves are stuck in a time loop, they do not try to develop using the possibilities of the Internet and access to the world athletics elite.

Conclusion

Thus, in our country, despite the holding of large-scale events to attract the young and talented generation to the long-distance running, there is a stagnation in the development of long-distance running and this affects the ability to provide significant competition not only in the world, but also in Asia. But the development of mass races, involving the whole population in one of the most accessible sports such as long-distance running, there is significant progress, since adults and the elderly are also carried away by this sport. All this indicates the effectiveness of resolutions and decrees of the President of the Republic of

Uzbekistan and the Cabinet of Ministers, which, in turn, take care of the health of the entire population of the country.

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