



Basics of Using Running Exercises in Training Processes of Students

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Abstract: In this article, step-by-step methods of organizing running exercises are presented. Students, runners, health, level of preparation and age of training methods are discussed.

Key words: Health level, morphological structure, vein, HIGH, running speed, fitness running, running speed, loading, physical training, running technique, running stage

Students to make significant progress in running. After all, it takes years, not months, until morphological changes occur in the body . In addition, it is worth noting that people who have almost never exercised and whose health is in poor health come to the training sessions . Since the range of motion increases much faster than the changes in the cardiovascular system, the desire to run more and faster in the first months of training appears. But it is absolutely impossible to give in to such a mood. There is only one way to improve health and fitness - long-term, planned, multi-year running training.[1,2]

Depending on the state of health, level of fitness and age of the runners, the stages of training are also different .

The training begins with jogging at a normal pace. Increases depending on the duration of the download . Initial running time - 2 times a day for 30-35 minutes. Over several weeks, the running time is gradually increased to 50-60 minutes. The load is kept at this level for a week or two. If the condition is satisfactory, you can increase the duration of running and extend it up to 1 hour a day. Depending on the state of health , it takes from 1 to 6 months. Running speed should not be changed during this interval . At this stage, the heart rate can be around 124-130 beats/min.[3,4]

Phase II – full running exercises.

the athlete can walk for an hour without straining himself, the second stage of the training can be moved to a full-fledged run. The running pace is relatively a bit faster, but it should not strain the exerciser at all. The workout starts with a normal jog, which lasts 25-30 minutes, then a fast jogging section, after which the jogging ends with a slow pace lasting 10 minutes. The initial length of the sprint section is in the range of 0.5-1.5 km . Running speed is gradually increased, depending on the level of training . At this time, you should breathe freely through the nose. Running speed can be controlled based on pulse, which should be around 130-145 beats/min at this stage. If the condition is good, the length of the rehabilitation run can be gradually increased to 2-3 km in a few weeks, to 5-6 km in 4-6 months, and to 10 km in a year [5,6,7].

Healthy running is different from that of jogging and is somewhat reminiscent of the technique of athletic running. Its characteristic features are soft movement of the palm from the heel to the tip and active pushing with it, frequent use of the pelvic joint by turning the pelvis and pulling the body towards the supporting axis, the palms of the ball are almost parallel to each other. it is necessary to

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from the usual jogging method to the healthy running method should be carried out gradually, by introducing some of its elements one by one, it takes a long time to get used to the new technique. Fitness jogging sessions are held 1 time a day, 4-5 times a week, while the general condition is monitored. As the level of physical fitness increases, the running speed is imperceptibly increased and gradually brought up to 12-14 km/h. healthy running is different from that of jogging and is somewhat reminiscent of the technique of athletic running. Its characteristic features are soft movement of the palm from the heel to the tip and active pushing with it, frequent use of the pelvic joint by turning the pelvis and pulling the body towards the supporting axis, the palms of the ball are almost parallel to each other. it is necessary to put it (turning it slightly to both sides). In this case, avoid running as if you are running under a bullet - do not hit the edge of the heel, for this you should not raise the calf forward too much.[8,9]

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If there is little free time, you can run for a total length of 10 km on the way to and from work. In some cases, due to the regular exercise of healthy jogging, the state of health improves so much that it is possible to switch to running training later.

includes all the beginners who have a little cardiovascular derailment and are actually healthy but not exercising.

Stage I - running short distances.

Even in this case, training starts with running. But instead of running in this way, one should use running for short distances. For this category of beginners, running can be a sudden load, so it is better to be careful. In order to rationally organize training, it is necessary to pay attention to 3 different indicators: the length of the distance measured in meters, the time to cover it (measured in minutes) and the first 10 minutes after stopping from running. LOADED. Running speed is not based on a predetermined schedule, but increases according to the level of training. The amount of training is used 1-3 times a week. In the initial training, 1600-2000 m are covered with quick steps, but straining should not be allowed. After about 2-3 weeks, the running distance can be increased to 2400 m, and after another 2 weeks to 3200 m. This length is determined by the conditions of running around the 400 m circle of the stadium. At first, every 800 m is covered in 8-9 minutes, and the whole distance takes 32-36 minutes. In the course of regular training, the speed of running is gradually increased. The athlete spends about 7 minutes for 800 m in chigalèzdi exercises, until he can easily cover a total distance of 3200 m in 30 minutes (where the heart rate is up to 25 beats per 10 seconds, i.e. 140 beats/min). It is advisable to follow the national regime.[1,4]

If the planned results are not achieved, but the HYQCH is higher than the specified value, the previous training regimen is maintained until the pulse drops to the required level. Such running speed is 6.5 km/h, which corresponds to 9 minutes per 1 km. A relatively fit and healthy person can only exercise for a few weeks to accomplish such a task, but weak and sick people and children need regular exercise for several months. From this moment on, the second stage of the exercise begins - alternating running and jogging.

Stage II - running to develop agility.

previous length of the distance - 3,200 m is maintained, but the run is alternated with short intervals of running at a slow pace - every 150-

After running 200 m , run 20-30 m. Initial

In a 400 m circle, one or two such runs are performed, and most of the circle is walked. It should not be forgotten that for runners who are engaged in the development of speed , it is necessary to run really slowly, that is, to run in light conditions, because any attempt to follow the technique of running in sports will quickly lead to fatigue, the pulse will increase dramatically, in fact at this stage, it should not exceed 28-32 beats per 10 seconds.[3,5,14,15,16]

If the LOAD is higher than the specified value, it is necessary to reduce the running sections, increase the running time or decrease the running speed, or both measures. Gradually, as the level of exercise increases, it is necessary to set specific goals in advance, instead of using special schedules, to increase the intervals of running, and to shorten the intervals of running, and eventually to move to continuous running. Depending on the state of health, it can be started after a few weeks or months, and sometimes even after a few years.

Stage III - continuous running at a slow pace, " playing " (with small steps) running learn to run comfortably for an hour . In this case, you can increase the duration of running and gradually bring it to 1 hour. Running speed should not change during this time . Once athletes have determined their optimal speed, pace, they should not be changed significantly. Once athletes have learned to run for 30-60 minutes at a leisurely pace and mastered their favorite trails, it is recommended that they leave their watches at home and avoid timing the distance, as this may create a desire to speed up, which is unnecessary. can cause stiffness and take away the enjoyment of running. Moreover , the results grow very slowly, not from month to month.

That we have considered can be the final phase of training, because when you run for 30-60 minutes three to four times a week, you can get a load that is enough to strengthen health. This is the ultimate goal of the program for many runners whose only goal is to get fit.[9,10]

It includes young, healthy , physically fit people and former athletes who have recently stopped playing sports and who can run for 15-20 minutes without straining themselves. During several months, the duration of light running in one session is increased first to 30 minutes, and then to 1 hour . By the end of the first year of training, most of the representatives of this group usually run for 1.5 hours.

Among the groups mentioned above, there are also amateur runners who want to demonstrate their skills in competitions. For them, there is also the last stage of training - sports, in which it is envisaged to increase the speed of running. For this purpose, in addition to the one-step method used by runners so far , loads performed in a variable method are also included in the training. This method of training is used by those who are very well prepared for running and people up to 50 years old. YUQCH can be used in the mixed zone of power supply - in the range of 156 to 168 beats/min (26-28 beats in 10 seconds).[3,4,10,11,12,13]

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