



## Endurance Development in 3000 Meters Runners

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**Abstract:** This paper explores various aspects that have a significant impact on the conditions for increasing running efficiency, improving running technique, as well as additional exercises that improve the result of training and determine the degree of impact on the body of physical activity.

**Keywords:** running, distance, foot, breathing technique, exercise, physical fitness, physical activity.

**Introduction.** The importance of the physical development of athletes involved in athletics is due to the need to preserve and strengthen the social, mental and physical components of health [1]. Physical readiness, psychological stability and social adaptation to negative external environmental factors are the main components of a person's physical culture, indicators of his physical development and the basis for unlocking his potential [2].

At the present stage of the development of society, according to many authors, the problem of the development of endurance lies in the absence of a perfect methodology for the development of this physical quality. To solve the problem, leading experts offer the so-called integral training, in which it is proposed to combine several methods of developing endurance at the same time, different in the direction of the impact on the mechanisms of energy supply [3, 4]. The application of this technique requires careful study, especially the effect of this training on the body of young athletes should be studied in detail. After all, it is during this period of the formation of the athlete's motor and functional base that it is especially important to choose the right effective means and methods of training [5].

The importance of the problem of effective endurance training, especially for athletes, makes specialists look for new ways to solve it [6, 7]. Given that the high physical, technical, functional potential of an athlete is formed from innate inclinations in the process and as a result of many years of sports training, special attention should be paid to the training of young athletes [8, 9].

The basis for the development of endurance is laid at the age of 9 to 15 years, so it is especially important to study and improve the specifics of the training of young athletes [10].

Quite rightly, people say that 9/10 of a person's happiness depends on his health. And indeed, healthy, well-trained people endure life's vicissitudes more easily, work more efficiently, and rest more fully. And correctly delivered physical education of a schoolchild is the basis of a healthy life [11, 12, 13].

“The physical education of a child is the basis for everything else,” A.V. Lunacharsky, “without properly organized physical education and sports, we will never get a healthy generation.” Physical education of schoolchildren provides for the constant development and improvement of basic physical qualities - speed, agility, strength and endurance. The author, having come to work at the school, drew attention to the fact that a large percentage of young men cannot cope with the stress of passing educational standards.

So, in the 3000-meter run on "4" and "5" only the guys who are engaged in the sports school, in the athletics sections fulfilled the standard. In the 100 meters run, the guys who are engaged in the track and field athletics section passed the marks "4" and "5" [14].

Other tests were also carried out - pulling up on the bar, running 1000 meters, push-ups on the uneven bars, long jumps from a place and a run. I think the reason for the low results is that the same means are used, age patterns and features of the development of the body are not taken into account, few lessons are held in the open air. The author revised the curriculum and adapted it to the learning environment [15, 16].

The author tried to conduct all the lessons on the street (except for the "sports games" section). Clean air, proper organization of lessons reduces fatigue, increase interest, harden the child's body, and fully contribute to the development of physical qualities. When preparing and conducting lessons, a differentiated, individual approach to students is not forgotten, I focus on the level and degree of their preparedness, well-being at the time of the lesson, and their mental characteristics.

There are different types of endurance: power, speed, speed-strength. To develop general endurance in almost every lesson during the warm-up, students run a distance of at least 1000 meters at a calm pace [17, 18]. In parallel, the problem of the sense of time and speed of running is being solved. The task is set: to complete one circle at the school stadium (200 meters) in a certain time. The time is told by the teacher after each round, or the students control themselves by the clock. The pace of running is chosen by each student individually.

With the development of general endurance, students should know that during a run that develops general endurance, whatever the pace, you need to constantly monitor the rhythm of breathing. The author always reminds of the smoothness of the transition from one type of running to another - sharp jerks must be excluded. To develop general endurance, he uses the following exercises:

- Group tempo run. Students are divided according to the level of physical fitness into 2-3 groups. Each group runs a distance of up to 2000 meters at a given pace, while in the process of running they monitor their breathing and rhythm, avoiding sudden jerks and accelerations.
- Moderate tempo run (1000 meters - 5 laps of 200 meters). On each circle, students overcome five barriers with a height of 76 cm with a hurdle step.
- Long continuous running time up to 25-30 minutes. The pace is set so that the pulse level is not higher than 130-140 beats per minute, so that you can talk while running. The development of speed endurance is achieved by the inclusion of games for strength, speed and endurance.

During the development of strength, speed-strength endurance, the task is to develop the ability to resist fatigue. In this case, the author selects a load of such duration that the student shows significant volitional tension. For this, uniform, repeated, interval methods and the method of circular training are used.

**Conclusions.** Based on the foregoing, the following conclusion can be drawn: if training for the development of endurance of young 3000-meter runners is, on the one hand, aimed at developing the qualities that determine success in middle-distance running, and on the other hand, corresponding to the age-related characteristics of the physical development of children and adolescents, then it will contribute to a more complete disclosure of the genetic potential of athletes and will avoid the development of pathology in them.

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