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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**EFFICIENCY OF COMPETITIVE TRAINING OF TRIATHLETES AT
THE ANNUAL STAGES OF TRAINING OF THE TRAINING GROUP****Zarnigor D. Rakhimova***Uzbek state university of Physical education and Sport**Chirchik, Uzbekistan**E-mail: zarina.rahimova.17@mail.ru***ABOUT ARTICLE**

Key words: physical fitness of triathletes, strength capabilities, training process, complex of exercises, performance dynamics, competitions, training program, speed and endurance.

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Abstract: To improve the physical fitness of triathletes, the important factors in achieving high results of athletes are the correct selection of training equipment, proper distribution of power on the distance, and improvement of endurance performance. This means regular improvement of the quality and efficiency of physical training in the training process. Taking this into account, the article describes a set of special and general training exercises for triathletes.

INTRODUCTION

Today, the increasing competition in triathlon in the world sports community requires improvement of the system of training athletes and the results shown at competitions. As a result of regular growth of sports results at the world level triathlon competitions, we see sharp, uncompromising competition between athletes [6].

The fact that triathlon is becoming popular and one of the developing sports in the world sports practice is related to the scientific basis of training in this sport in most countries and the introduction of various methods into practice. But the discovery of new names in sports competitions from year to year requires the development of new plans and structures of the system of training athletes on a scientific basis.

Decrees and decisions of the President of the Republic of Uzbekistan on the development of physical education and sport show that this sphere has risen to the level of policy in our country [1]. Today, in the further development of the sphere, these decrees assign a number of responsible tasks to coaches and teachers. Decree of the President of the Republic of Uzbekistan dated 05.11.2021 № PQ-5280 "On the program for the development of the activities of sports and educational institutions

until 2025", President of the Republic of Uzbekistan dated 06.06.2022 PK-268 of 2017 on measures to organize the activities of state sports and educational institutions on the basis of a completely new system and dated June 3, 2017 "On measures for the further development of physical culture and mass sports" "For 2019-2024" [2,3].

This program is aimed at achieving the following objectives: creation of material and technical base for triathlon training and construction of sports facilities, organization of competitions in various sports directions, as well as holding international sports competitions, development of scientific and methodological potential and modern methods. These decisions became important documents for further improvement of the development of physical education and sport in our country [4].

Further growth of results in triathlon requires research aimed at increasing the possibility of successful participation in sports competitions and preparation of qualified and reserve athletes. The decrees and decisions of the President of the Republic of Uzbekistan on the development of physical education and sport show that this sphere has risen to the level of policy in our country. Today, as part of the further development of the sector, these decrees impose a number of responsible tasks on coaches and teachers [6,7].

In our country due to the workload of the specific program developed for triathlon athletes, their lack of coaching staff and competitive experience they lag behind the triathletes of the world. Here it should be said that the preparation of competitive, promising athletes, who will worthily defend the honor of our country in the world arenas, requires the conduct and organization of multi-year preparatory training. Taking this into account, the article describes a set of special and general fitness training exercises for triathletes [5].

PURPOSE OF THE STUDY: Development, scientific substantiation and approbation of a special training program (model) designed to increase the level of training of triathletes.

OBJECTIVES OF THE STUDY:

1. Application of a complex of special exercises aimed at improving the indicators of physical development and preparedness of OMG triathletes.
2. Improvement of physical training by means and methods of swimming training.
3. Development of the training structure aimed at the development of strength and endurance of the training group of triathletes.

RESULT AND DISCUSSION.

The combination of classical and mass sports requiring comprehensive physical training, as well as different distances and correspondingly tough disciplines, is the reason for the rapid development and spread of triathlon in the world.

Most of the ongoing scientific research is aimed at improving the training system of high-skill triathletes. In these works, special attention is paid to the development of the process of improving

the training of swimming and cycling stages of training. Each type of triathlon imposes its own requirements to the level of physical fitness of the athlete. The study of the relationship between the level of physical fitness of a triathlete and the indicators of competitive activity allows to determine the future capabilities of the athlete, on the one hand, and their limiting factors - on the other. Determination of the main requirements to the level of triathlete's physical fitness determines the methodological directions of the process of triathlete's physical training. In triathlon, the results of each stage are decisive, given that the overall result is determined by the achievements of each stage.

Usually each triathlete is stronger in some phases of competition and weaker in others. Results of these types can be achieved through specific exercises over a year-long training period. To regularly improve qualities such as strength, speed and endurance, an athlete should perform exercises that improve these qualities throughout the year and over several years.

Swimming repeatedly in the pool and open water is not enough to successfully complete the swimming phase of a triathlon. In this case it is necessary to have the ability to swim faster. During the training it is necessary to train the muscles and pay more attention to strength exercises. To improve the overall result and improve the state of physical fitness, it is necessary to take special attention to the complex of special exercises in all three areas. Then the expected result can be achieved. Taking this into account, we have developed a set of special exercises for triathletes of the training group to improve their overall physical fitness.(Table 1)

Complex of exercises to improve the general physical fitness of triathletes of the training group.

Special developmental exercises for cycling	Special developmental exercises for running	Special developmental exercises for swimmers
Moving on a specially adapted device (machine tool);	Running in place with knees high up;	Stretching the rubber on the chest to the elbow in the crawl technique;
The high-speed movement of parts on a specially adapted device (machine tool);	Running for 20-30 meters with a high start, with attention to the movement of the hands.	stretch the special rubber as long as possible over a certain period of time;

Achievement of a high level of fitness and its application to sports results is possible only through methodologically correct construction of the training process and the optimal combination of training and competitive loads in training cycles of various sizes.

Failure to fully utilize the most effective methods of development of a certain physical quality, making small mistakes in situations that seem unimportant when performing exercises, weekly training cycle, eventually lead to a significant decrease in results. triathlete is stronger in some types of competitions and weaker in others. The results of these types can be achieved through specific exercises during the annual training period.

To regularly improve qualities such as strength, speed and endurance, an athlete should perform exercises that improve these qualities throughout the year and over several years.

In the final part of the pedagogical experiment, the results of triathletes of 13-14-year-old control and experimental groups were recorded in terms of general physical fitness, their main statistical characteristics calculated in relation to the results of each organized test, absolute and relative (compared with the corresponding indicator in the control group) arithmetic averages of the results of the test groups. Differences and information on statistical reliability estimates, based on the calculation of the critical values of the Student's distribution, these absolute differences are presented in Table 2.1.

Table 2.1.

test	Control group			Experimental group			AD	RD, %	t	P
	\bar{X}	σ	V, %	\bar{X}	σ	V, %				
1	7,81	1,03	13,15	6,87	0,90	13,13	0,94	12,06	2,39	<0,05
2	193,92	27,37	14,11	216,97	30,63	14,12	23,05	11,89	1,94	>0,05
3	12,88	2,08	16,13	15,43	2,49	16,14	2,55	19,81	2,72	<0,05
4	4,82	0,73	15,13	5,41	0,82	15,12	0,59	12,28	1,87	>0,05
5	32,01	4,52	14,12	28,25	3,99	14,11	3,76	11,74	2,16	<0,05
6	5,09	0,82	16,12	4,33	0,70	16,12	0,76	14,99	2,45	<0,05
7	12,78	1,93	15,13	11,26	1,70	15,14	1,53	11,93	2,05	>0,05
8	64,03	9,04	14,12	70,97	10,03	14,13	6,93	10,83	1,78	>0,05
9	29,29	4,72	16,11	34,39	5,54	16,11	5,10	17,41	2,43	<0,05

Note; absolute difference AD, relative difference RD (in percent).

Generalization and analysis of the data presented in this table shows that the results recorded at the beginning of the experiment are close to each other on the tests characterizing the indicators of general physical fitness studied by triathletes of 13-14-year-olds of the control and experimental groups. groups participating in the pedagogical experiment. By the end of the experiment these relative differences are significant. The difference is shown. In particular, the values of the arithmetic mean and standard deviation of the results of triathletes of the control group at the end of the pedagogical experiment on the test under study $1 \pm s = 7.81 \pm 1.03$ s. k (coefficient of variation $V = 13.15\%$, calculated on the results of this test in this group), while in the experimental group these values were $\pm s = 6.87 \pm 0.90$ s. k. (coefficient of variation $V = 13,13\%$) turned out to be equal At the same time, the absolute increase in the arithmetic mean values of the results of the control and experimental groups for these test indicators amounted at the end of the experiment to 0,94 s. (relative increase of 0.77 s from the corresponding indicator of 0.17 s at the beginning of the experiment) and their relative increase (compared to the corresponding indicator of the control group) by 12.06 % (10.08 % from the corresponding indicator of 1.98 % at the beginning of the experiment). of the beginning of the experiment or improved by 6098 times) (Diagram 2.1).

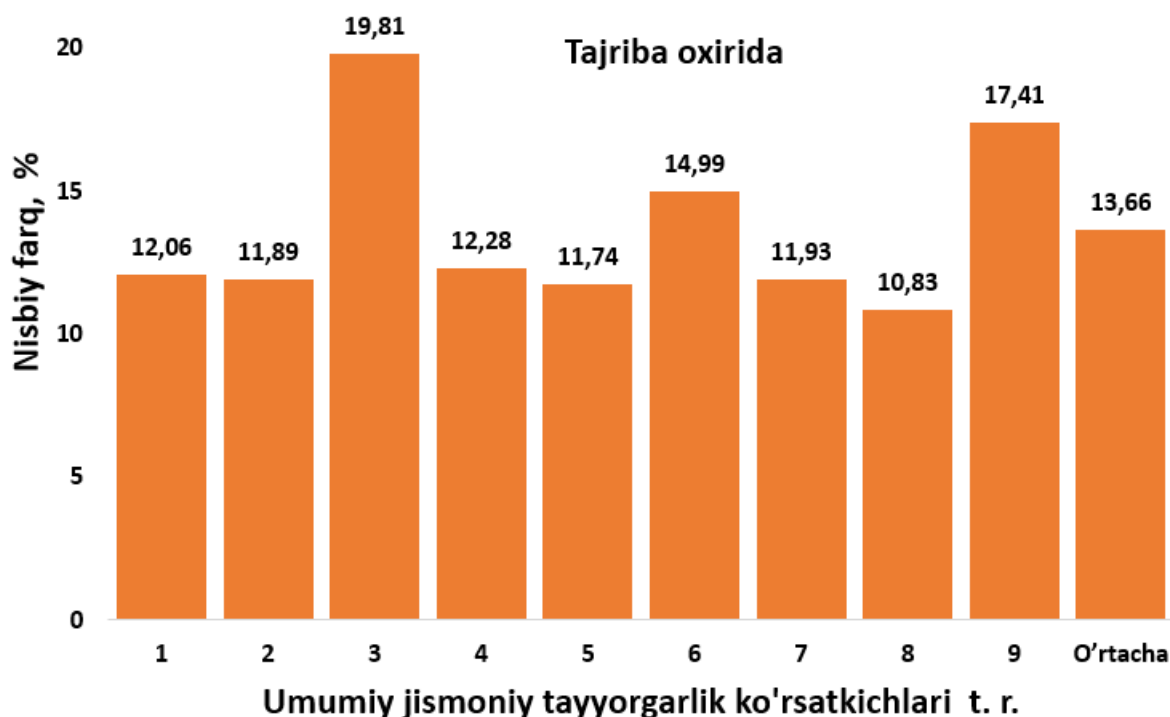


Diagram 2.1. At the end of the educational experiment, the relative gains (in percent) of the arithmetic mean values of the indicators of general physical fitness of triathletes 13-14 years old of the control and experimental groups (compared to the corresponding indicators) were evaluated. control group)

Arithmetic mean and standard deviation values of the results of triathletes of the control group at the end of the pedagogical experiment on the studied test $2 \pm s = 194,92 \pm 27,37$ cm. ha (coefficient of variation $V = 14,11\%$, calculated on the results of this test in this group), while in the experimental group these indicators were $\pm s = 216,97 \pm 30,63$ cm. ha (coefficient of variation $V = 14,12\%$). (coefficient of variation $V = 14.12\%$) turned out to be equal At the same time, the absolute increase in the arithmetic mean values of the results of the control and experimental groups for these test indicators amounted to 23.05 cm. at the end of the experiment and their relative increase (compared to the corresponding control group) amounted to 11.89% (10.38% or 7883 times more improvement than the corresponding 1.51% at the beginning of the experiment).

At the same time, at the end of the pedagogical experiment, among the nine tests of general physical fitness of 13-14 years old subjects of the control and experimental groups, the smallest relative increase was in test 8 (10.83% compared to 1.47% at the beginning of the experiment), and the largest relative increase was in test 3 (19.81% compared to 2.99% at the beginning of the experiment), the total average relative increase in the nine tests amounted to 13.66% at the end. of the experiment, which is 11.63% or 11.63% of the corresponding 2.03% at the beginning of the experiment. It was found that 6742 times amounted to a positive quantity change.

Indicators of statistical reliability of the arithmetic mean values of the absolute difference of the results recorded in the control and experimental groups on the nine tests studied were at the beginning of the experiment, all at the beginning of the experiment - at significance levels they all varied very little (in the range of $P > 0.8$ and $P > 0,6$) and by the end of the experiment six had satisfactory significance levels ($t = 2.05$ with $t = 2.72$ in the quantity range and $R < 0.05$) statistically reliable and the remaining three at satisfactory significance levels ($t = 1.78$ with $t = 1.94$ in the quantity range and $R > 0.05$) there were positive changes without statistical validity.

CONCLUSION

To achieve high sports results in triathlon it is necessary to have a high level of all-round physical fitness, desire to win, perseverance and other strong-willed qualities, as well as to be fluent in the techniques of triathlon sports. In triathlon, the overall result is determined by the achievements in each round.

Therefore, it is necessary to pay enough attention to each type. Especially important is the greater use of the complex effects of physical exercises. It is also necessary to include exercises that develop several qualities at once.

Summarizing the results of the study allowed us to draw the following conclusions.

- The results of the study are of great practical importance and allow us to effectively manage the special physical training of young athletes.

- The complex of exercises used in the experimental group had a positive effect on athletes and practically proved that their physical fitness increased compared to the control group.

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