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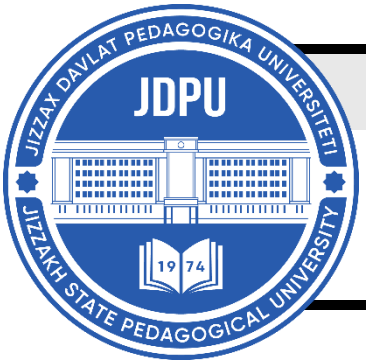

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IMPROVING THE SIZE OF TRAINING EQUIPMENT AND LOADS OF HIGHLY QUALIFIED ACADEMIC ROWERS

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ABOUT ARTICLE

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Abstract: This article is provided information on the application of the volume of tools and loads performed on land and in water during the training of highly qualified academic rowers in pre-competition microcycles.

Relevance. Today, strong participants in many Olympics and world championships in rowing in the world show their skills on the international stage. In addition to strong physical training, modern academic rowing athletes use modern technologies and programs. Boat design and aerodynamics are improving, increasing efficiency in the sport. Because academic rowing is a relatively technology-based and financially expensive sport, many countries struggle to allocate sufficient resources to it. While there is a lot of attention paid to this sport in countries with high competition, in other countries, the lack of resources is holding back the development of academic rowing. In general, due to the high competition among the world's leading countries in academic rowing, the optimization of training tools and methods in training highly qualified rowers is gaining relevance.

The purpose of the study. is to develop recommendations for improving the size of training tools and loads of highly qualified academic rowers.

Tasks of research. 1. Analysis of functional indicators of highly qualified academic rowers.

2. Improvement of pre-competition microcycles during weekdays to prepare highly qualified academic rowers for competitions.

Research results and their discussion. It is necessary to train rowers to solve movement

tasks independently from the first training. This is achieved through systematic study of biomechanics, anatomy and physiology. The coach should justify the action being learned. Clear thinking of knowledge of rowing techniques, use of individual characteristics, acquisition of knowledge and skills allows the rower to create a method of movement. It is also important to educate students in basic pedagogical knowledge. For this purpose, it is appropriate to attach them to group captain, duty officer, responsible and similar tasks. Support of interest in training is also carried out through independent performance of tasks.

As with athletes in any sport, the selection and orientation of rowers is an almost continuous process, consisting of five main stages that correspond to specific stages of the athletes' multi-year training.

There are significant differences in the optimal age, preparation and duration of each stage for achieving high results in various rowing sports. It is also possible to observe specific differences in terms of the duration of various qualifying stages. For example, in women's training, the entire period of training for sports (from the beginning of training to achieving high results) usually lasts 10 years, and each successive stage of multi-year training and the qualifying stage are held with a break of about 2 years. The training period in men's training at a short distance (until the athlete achieves high results) usually lasts 13-15 years, and accordingly, the duration of the multi-year training stages and the periodicity of the qualifying stages increase to 3-4 years. The trainings corresponding to the day of the competition must be held at this time, according to the competition program. The repetition of microcycles should be planned in such a way that the day of participation in the competition should coincide with the corresponding day of the cycle. This allows rowers to maximize performance on race day.

It is necessary to take into account the volume of the load and the development of one or another physical quality during the weekly training cycle. It is recommended to conduct training with a maximum load on the eve of the weekend. After the rest day, low or moderate loads are used in training at the beginning of the weekly cycle, and then they are increased.

In the weekly training cycle, some exercises are aimed at increasing the level of activity, while others are aimed at maintaining it at the achieved level, and another is directed at active rest. Such a wavy distribution of the load allows the athlete to perform large-scale work.

Table 1

Structure of pre-competition microcycle of highly qualified academic rowers

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
In the morning	Dry: warm up joints and muscles for 20 minutes In water: 4000 m Special warm-up exercises 8 500 m, pace 30-32 rest time 4 minutes 4000 m military training	Dry: warm up joints and muscles for 20 minutes In water: 6000m special warm-up exercises Rowing at maximum speed for 30 seconds 50 seconds of freestyle, 10 of which, on March 2 8000m tempo 20 rowing	On dry land: Warming up joints and muscles for 20 minutes In water: 4000m special warm-up 1750m on March 2 temp 28 with resistance 1500m on March 2 temp 32 rest 8 minutes 4000m military training	Dry: warm up joints and muscles for 20 minutes In water: 4000m special warm-up exercises 16,000m with emphasis on straight and full rowing, rowing with full power	Dry: warm up joints and muscles for 20 minutes In water: 6000m special warm-up exercises From 1000m on March 4, there is a 4-minute rest between the maximum tempo 4000m military training	Dry: warm up joints and muscles for 20 minutes In water: 4000m special warm-up exercises 12000m special technical exercises	Rest
Evening	On dry land: Warming up joints and muscles for 20 minutes Lying down griffin 6 times out of 20 Sitting 6 times out of 20, deadlift 6 times out of 20, Belga 150 on March 150 March to Pres In water: 8000m emphasis on technical elements	Dry: warm up joints and muscles for 20 minutes In water: 4000m special warm-up exercises 12000m technical elements ()	Rest	Dry: warm up joints and muscles for 20 minutes interval running: warm up by running for 20 minutes 20 seconds of maximum running, 40 seconds of free running, 10 repetitions, 5 minutes rest between 2 repetitions In water: 8000m emphasis on technical elements	On dry land: Warming up joints and muscles for 20 minutes Lying down griffin 6 times out of 20 Sitting 6 times out of 20, deadlift 6 times out of 20, Belga 150 on March 150 March to Pres In water: 8000m emphasis on technical elements	Dry: warm up joints and muscles for 20 minutes Concept2 trainer 4000m warm-up exercises 2 2000m tempo 30 8 minutes rest between 4000m military training	Rest

Regardless of the number of sessions during the week, the cyclicity of training is maintained. Several (1-3) weekly cycles are a large training cycle in which the number of training sessions per week and its direction remain constant, only the size of the training load in the training (number of distance sections, total mileage, etc.) is variable. organizes.

Weekly microcycle planning. In the conditions of training camps and summer camps, training loads lasting 15 or more hours per week (in the second year of training and older groups) require training 2-3 times a day, and in groups of high sports skill there can be three trainings, that is, two trainings with a 45-minute break for food and rest. In such cases, it is desirable that the course of the lessons on the same day should be similar and correspond to the weekly microcycle proposed above, or that the first classes should be high-load, and the next ones should have a restorative description.

Taking into account the specific tasks of the microcycle and the individual characteristics of the athlete, the coach can replace some lessons in the weekly cycle. In the weekly cycle of the competition period before the main competitions, depending on the athlete's condition and level of preparation, the amount of training loads should be reduced 2-3 days before, and 7-10 days before the main competitions. It should be added that even if for some reason it is not possible to distribute training classes based on the proposed schedule, the planned volume of training loads must be fulfilled.

In conclusion, we developed pre-competition microcycles for highly qualified academic rowers. By using it, positive changes were observed in the morphological, functional, physical technical-tactical preparation of athletes. By using pre-competition microcycles in training, Davronov Davronjon took the proud first place in Asian competitions.

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