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OPTIMIZING TRAINING LOADS FOR YOUNG TRIATHLETES

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ABOUT ARTICLE

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Abstract: This article provides information on the percentages of training types in planning and using the pre-competition cycle in optimizing training loads for young triathletes in the annual training cycle.

Relevance. One of the important aspects of implementing the strategy for the development of physical education and sports in our republic is the scientific and scientific-methodical provision of the process of training a sports reserve, taking into account modern trends in world sports and new opportunities in science and digital technologies. Priority tasks have been set, such as “widely involving young people in regular sports activities and selecting talented athletes, forming national teams from qualified athletes whose task is to achieve high results in sports”. However, an analysis of the sports results of triathletes in the international arena indicates that they are significantly lagging behind athletes from other countries. This is explained by the presence of a number of problems that require solutions: the management of a traditional, ineffective training model; the conflict of physiological reactions and excessive accumulation of fatigue, and as a result, the impossibility of successful participation in many competitions of the annual cycle; the lack of scientifically based training programs that meet international standards and contribute to the development of competitive athletes. The complex of identified problems requires specialists to search for modern approaches to effectively organize the training process for triathletes, which determines the relevance of our chosen topic.

The purpose of the study is to develop suggestions and recommendations for optimizing the training loads of young triathletes.

Research objectives: Selection of tools for training young triathletes;

Development of a training cycle for training young triathletes.

Research discussion. Optimizing training loads for young triathletes during the annual training cycle. Proper organization of the annual training cycle and optimization of training loads in the training of young triathletes contributes to the physical, psychological and technical development of triathletes. Below is a schematic methodology for optimizing training loads based on the annual training cycle.

1. Stages of the annual training cycle:

The annual training cycle typically consists of the following main stages:

Table 1

Duration of training stages for young athletes

Tr	Stage	Goal	Duration
1	Preparatory stage	Increase overall physical fitness	2-4 month
2	Special training	Development of special skills and techniques	3-5 month
3	Competition phase	Preparation and participation in the competition	2-3 month
4	Recovery phase	Physical recovery and improvement of general condition	1-2 month

2. Annual Load Distribution:

It is important to gradually increase the load at each stage and to establish recovery periods. The following table gives general indicators of annual load distribution:

Table 2

Percentages of load rate and recovery time during the training stages of young triathletes

Tr	Stage	Physical load (%)	Physical load (%)
1	Preparatory stage	50-60%	10-15%
2	Special training	60-70%	15-20%
3	Competition phase	70-80%	10-15%
4	Recovery phase	30-40%	50-60%

3. Types of training and load standard:

Triathletes train in three main areas: swimming, running and cycling. The optimal distribution of weekly training load in each area.

Table 3

Types of training and optimal load for young triathletes

Tr	Type of training	Preparatory stage	Preparatory stage	Preparatory stage	Preparatory stage
1	Swimming	30%	25%	20%	25%
2	Running	40%	35%	30%	35%
3	Cycling	30%	40%	50%	40%

4. Principles for optimizing training load:

1. Load capacity and individualization: Training load should be determined based on the age, physical fitness, and psychological state of each triathlete.

2. Gradual increase in load: The load is gradually increased at each stage, which reduces the risk of overexertion and injury.

3. Recovery and rest: Special attention is paid to recovery and rest periods in each training cycle.

4. Pre-competition load reduction: 1-2 weeks before the competition, the load is reduced and recovery processes are enhanced.

Table 4

Weekly training cycle for young triathletes

Tr	Day	**Swimming (km)**	**Running (km)**	**Cycling (km)**	**Strength training**	**Rest**
1	Monday	2	5	15	-	-
2	Tuesday	1	-	20	**Strength**	-
3	Wednesday	2	7	10	-	-
4	Thursday	-	6	25	**Strength**	-
5	Friday	1	-	15	-	-
6	Saturday	3	10	30	-	-
7	Sunday	-	-	-	-	**Rest**

6. Training control:

1. Training diary: Each triathlete should record the results of training, how he felt and the recovery process.

2. High technologies: It is necessary to control the training load using a heart rate monitor, Polar h 10 and other technologies.

3. Communication with the coach: constant communication and analysis of training is necessary between the triathlete and the coach.

These techniques help to optimally distribute the load in the training of young triathletes, their physical development and achieve high results in competitions.

In conclusion, after developing the load norm and recovery time percentages in the training stages of young triathletes, we achieved a short recovery of young triathletes. At the same time, by performing the elements of the sport of running, cycling and swimming, the physical fitness of young triathletes improved by 12.8% in total.

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