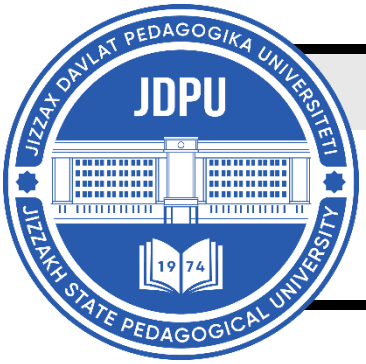
DOI: https://doi.org/10.37547/mesmj-V6-I2-03 Pages: 19-25

MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL



MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL

http://mentaljournal-jspu.uz/index.php/mesmj/index

SPECIFIC FEATURES OF ORGANIZING THE TRAINING OF PARA SWIMMERS AT THE EDUCATIONAL-TRAINING STAGE

Ismakhmud Alievich Baymuratov
Nukus Branch of the Institute for Retraining and Advanced Training of Specialists in Physical Culture and Sports
Uzbekistan, Nukus
E-mail: ismaxmudbaymuratov@gmail.com

ABOUT ARTICLE

Key words: para swimming, para swimmers in the S-9 and S-10 categories, preparatory stages, educational-training stage, mesocycle, types of mesocycles.

Received: 16.03.25
Accepted: 18.03.25
Published: 20.03.25

Abstract: The article provides a detailed analysis of the training process for para swimmers in the C-9 and C-10 categories, who are training at the educational-training stage, and the results of implementing exercises in the training process aimed at improving their sports performance.

INTRODUCTION

The system for preparing athletes for the world's largest Paralympic Games is improving year by year. The sports included in the program and the regulations for participation are also continuously evolving. In international sports arenas, the importance of effectively organizing the training process to enhance athletes' competitiveness and prepare highly skilled athletes is growing every day. There is an increasing need to develop methods for managing the training process in each stage of the long-term training system to ensure timely and quality management of the training sessions [3].

The characteristics of long-term preparation in Paralympic swimming, which can define the general principles of training, have not been studied at present. Moreover, the characteristics of long-term preparation may become more individualized based on the athlete's functional sport category, age, and swimming style [1,2].

MATERIALS AND METHODS

We face the complex of regulatory requirements and scale assessments, through which it can be estimated its effectiveness in any sports activity. Such normative estimates can be the

results shown in competitions and the level of development of functional systems in the system of sports training. These indicators can be considered as model characteristics of competitive activity and the level of development of functional systems. Creating model characteristics of the functional state of the rows at the modern stage of the development of heating sports is an urgent problem.

The purpose of the research is to analyze the specific features of the training of para swimmers in the S-9 and S-10 categories at the educational-training stage.

Methods of organizing the research: Analysis of scientific and methodological literature, classification, comparative analysis, pedagogical observation, and pedagogical experiment.

RESULT AND DISCUSSION

To develop the general structure and components of the long-term training system, it is necessary to take into account the age and cyclical characteristics that are typical for advanced modern sports practice. These include:

- The optimal age to begin practicing para swimming;
- The optimal age to achieve high results;
- The age limits for achieving the highest results;
- The estimated duration of high-level participation in competitions.

The above-mentioned characteristics currently exist in Olympic swimming training. Modifications have been made to these characteristics in line with the development of swimming sports in the world and in individual countries. Furthermore, there are significant individual differences in all these characteristics. In this regard, the established characteristics of swimmers' long-term training, according to V.N. Platonov (2012), are divided into stages with varying boundaries depending on swimming distances and techniques [4].

The long-term training system addresses the continuity of the athlete's skill development process, prioritizing the maintenance of the trainees' health, improving their functional capabilities, comprehensive development of all joints and organs, fostering a strong interest in swimming, encouraging hard work, ensuring comprehensive general and special training, mastering swimming techniques, enhancing physical qualities, creating conditions necessary for achieving high sports mastery, and ensuring strict physical and social rehabilitation [1,3].

Para swimmers' long-term training system is divided into a series of consecutive and consistent stages (Figure 1).

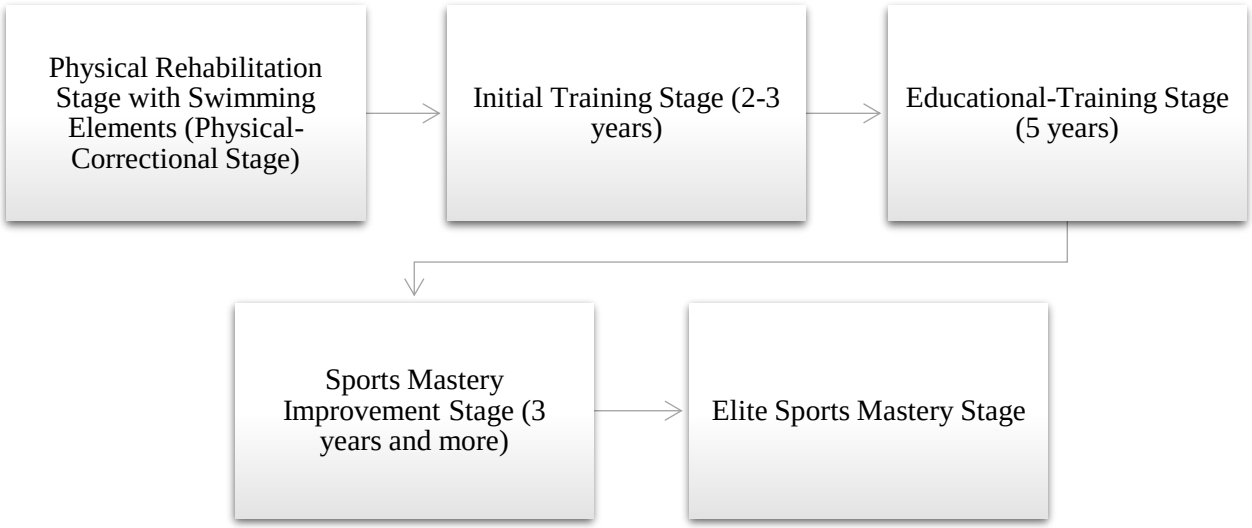


Figure 1. Stages of Long-Term Training of Para Swimmers.

The second stage of the long-term training system for para swimmers, the educational-training stage, focuses on the comprehensive development of physical conditioning, improving functional capacity levels, integrating special physical training elements into the training process, and expanding technical-tactical preparation. At the end of the annual cycle, athletes are required to pass control tests and participate in competitions.

During the educational-training stage, the task is to improve the physical and functional preparation levels through general physical training methods, which will enhance the level of special physical work capacity and develop special physical qualities, as well as technical skills.

According to the existing program, weekly training loads in various training groups are planned for 46 weekly sessions conducted in sports school conditions (see Table 1).

Table 1

Distribution of Training Loads during the Educational-Training Stage

No.	Types of Training	Educational-Training Stage			
		1st year	2nd year	3rd year	More than 3 years
1	General Physical Training (hours)	190	230	250	280
2	Special Physical Training (hours)	128	150	240	260
3	Technical-Tactical Training (hours)	180	190	230	262
4	Theoretical Training (hours)	12	14	18	18
5	Psychological Training (hours)	14	18	24	24
6	Control Testing (hours)	8	16	18	18
7	Control Competitions (hours)	6	10	14	22
8	Coaching and Refereeing Practice (hours)	4	4	8	10
9	Participation in Competitions (hours)	According to the Calendar Schedule of Mass Sports Events			
10	Recovery Activities (hours)	8	8	20	30
11	Medical Examination (hours)	4	4	6	6

Total Load (hours)	552	644	828	920
Weekly Load (hours)	12	14	18	20

The individual planning of long-term training is carried out based on the following methodological principles:

1) Strict consistency in the tasks, tools, and methods of training for children, adolescents, teenagers, and older athletes;

2) The continuous increase in the volume of general and special physical training methods, with the ratio between them gradually changing over time. That is, year by year, the volume of special physical training (in relation to the total training load) increases, and accordingly, the share of general physical training methods decreases.

During the competition period, the task is to improve the results of the previous season's competition and pass the control testing standards. The training load may be increased or decreased and corrected, taking into account the athlete's individual characteristics, current condition, and self-perception.

The direction of the mesocycle is structured based on the duration required to fully accomplish the task set for this training period (3-12 microcycles).

At the educational-training stage, in the training of para swimmers in the S-9 and S-10 categories, it is possible to distinguish several mesocycles specific to the planned tasks (Figure 2).

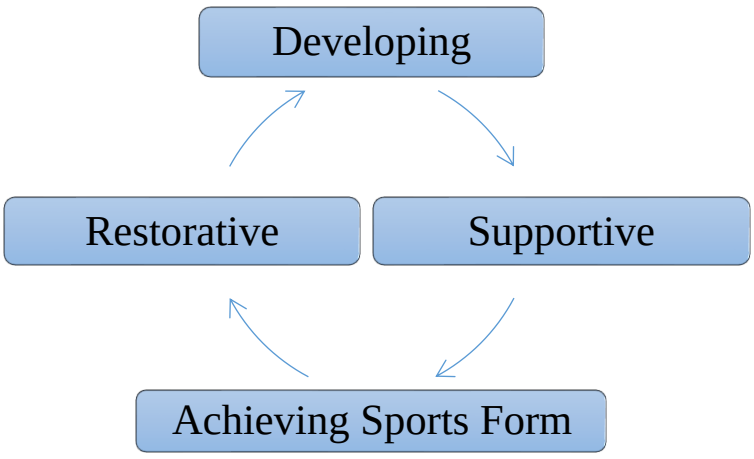


Figure 2. Mesocycles of Para Swimmers in the S-9 and S-10 Categories at the Educational-Training Stage

Developing – Developing special physical work capacity, improving technical-tactical preparation, and increasing the level of psychological training.

Supportive – Supporting special physical work capacity, developing and supporting the level of special physical training, and improving technical-tactical preparation.

Achieving Sports Form – Reaching the peak of special physical work capacity and technical-tactical training levels, and achieving a high level of psychological stability under competition conditions.

Restorative – Restoring the function of the individual organs and systems of para swimmers, reducing training loads, and increasing the general physical preparation level.

In our research, to improve the training of para swimmers in the S-9 and S-10 categories during the educational-training stage and to enhance their sports results, we implemented the following set of exercises (weekly microcycle) into the training process (see Table 2).

Table 2

Weekly Microcycle Load for Para Swimmers in the S-9 and S-10 Categories

Exercises	Zone	Exercises	Zone
Monday		**Thursday**	
500 warm-up	I	500 warm-up	I
10x50 on legs, interval 30-40 s	II	10x50 arms (with special equipment), interval 30-40 s	II
200 technique drills	I	200 technique drills	I
18x50 interval 20-30 s	III	12x100, interval 30-40 s	III
200 freestyle	I	10x50 on legs, interval 30-40 s	I
600 = 300 + 200 + 100	II	200 technique drills	I
Total training distance – 2900 m		4x25 maximum speed	V
		Total training distance – 3500 m	
Tuesday		**Friday**	
3x200 technique drills	I	400 warm-up	I
12x50, interval 30 s	II	4x100 legs + arms, interval 30 s	I
5x100 arms (with special equipment), interval 30-40 s	II	6x200, interval 40-60 s	II
300 technique drills	I	100 freestyle	I
4x50, interval 30-40 s	IV	200 technique drills	I
600 = 300 + 200 + 100	I	8x50 (2x4x50), interval 20 s, rest 3 min	IV
4x25 maximum speed	V	800 = (400 + 200 + 2x100)	I
200 freestyle	I	***Total training distance – 3500 m***	
Total training distance – 3100 m			
Wednesday		**Saturday**	
400 warm-up (75 easy/underwater + 25 chest/underwater)	I	3x200 technique drills	I
6x50 on legs, interval 20-30 s	II	12x50, interval 30 s	II

8x100 arms (with special equipment), interval 30-40 s	III	5x100 arms (with special equipment), interval 30-40 s	II
600 freestyle	I	200 technique drills	I
400 technique drills	II	4x50, interval 30-40 s	IV
6x50, interval 30-40 s	IV	600 = (300 + 200 + 100)	I
400 freestyle	I	4x25 maximum speed	V
Total training distance – 3200 m		200 freestyle	I
		Total training distance – 3000 m	
Total for the week – 16500 m: I – 8900, II – 6000, III – 2900, IV – 1100, V – 300			

It is appropriate to include a certain portion of exercises in all five intensity zones in the microcycles of the training period. Given the variety of tasks set for the microcycles, the ratio of workloads can be adjusted over a broad scale depending on the phase of the training period and the microcycle (working or restorative).

At the end of our research, a comparative analysis was conducted to determine the effectiveness and results of the given workload (Table 3).

Table 3

Results of the Participants Before and After the Experiment

Distance and Stroke	S9 category (n=6)			S10 category (n=6)		
	BE	***AE***	***RG (%)***	***BE***	***AE***	***RG (%)***
50 meters freestyle (sec.)	39,18	35,23	10,1	37,29	34,48	7,6
100 meters freestyle (min., sec.)	1:17,31	1:13,67	4,7	1:14,26	1:09,13	6,9

Note: *BE – Before Experiment, AE – After Experiment, RG – Relative Growth.*

It is evident from the above data that the set of exercises applied to the training process of para-swimmers in the S-9 and S-10 categories led to a significant improvement in the athletes' performance. The 50-meter swimming performance of the S-9 category para-swimmers improved by 10.1%, and the 100-meter performance improved by 4.7%. For the S-10 category para-swimmers, the 50-meter swimming performance improved by 7.6%, and the 100-meter performance improved by 6.9%.

CONCLUSION

The training process for para-swimmers in the S-9 and S-10 categories is conditionally divided into four stages. At each stage, the athletes' functional abilities are increased, all joints and organs are comprehensively developed, a strong interest in swimming is fostered, work ethic is encouraged, general and specific training is thoroughly provided, swimming technique

is mastered, physical qualities are developed, and necessary conditions for achieving high sports performance are ensured, along with strict physical and social rehabilitation.

The training microcycle exercises recommended for the S-9 and S-10 category swimmers in the training phase led to a significant improvement in their sport results. The 50-meter performance of S-9 category swimmers improved from 39.18 seconds to 35.23 seconds, with a relative improvement of 10.1%, and the 100-meter performance improved from 1:17.31 to 1:13.67, with a relative improvement of 4.7%. For S-10 category swimmers, the 50-meter performance improved from 37.29 seconds to 34.48 seconds, with a relative improvement of 7.6%, and the 100-meter performance improved from 1:14.26 to 1:09.13, with a relative improvement of 6.9%.

REFERENCES

1) Zoitova G. M., Rahimboev U. TAYANCH HARAKAT APPARATI SHIKASTLANGAN BOLALARNI PARASUZIShGA URGATISH ASOSLARI // Fan-Sportga. – 2023. – №. 2. – P. 68-72.

2) Matnazarov X. YU., Zoitova G. M. ISSLEDOVANIE REAKCIYI SERDECHNO-SOSUDISTOY SISTEMY PRI TSELENAPRAVLENNOY NAGRUZKE NA RAZVITIE SKOROSTNO-SILOVYKH KACHESTV PLOVTSOV- STUDENTOV // Sostav redaktsionnoy kollegii i organizatsionnogo komiteta. – 2023.

3) Mirjamalov M.X. Oliy ta'limda paralimpiya bo'yicha sportchilar tayyorlash tizimini pedagogik nazorat qilishning ilmiy metodik asoslari. Avtoref. diss. ped. fan. dok. – Chirchiq 2024. – 36 p.

4) Ozdorovitel'noe i sportivnoe plavanie dlya lyudey s ogranichennymi vozmozhnostyami: monografiya / pod red. Bulgakovoy N.ZH. – Moskva: INFRA-M, 2022. – 313 p.