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IMPROVEMENT OF THE TECHNICAL AND TACTICAL PREPARATION LEVEL OF MIDDLE- AND LONG-DISTANCE RUNNERS

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Abstract

This study investigated the effectiveness of technical and tactical indicators of middle- and long-distance runners on sports performance results.

Keywords

physical training, sports stages, strength endurance, training efficiency.

Advanced pedagogical experience accumulated in sports practice shows that the effectiveness of athletes' competitive performance at different stages of the training system directly depends on the proper organization and planning of training sessions.

However, today there are still many mistakes and shortcomings within the athlete training system, which negatively affect the improvement of sports results. The imperfection of traditional methods used in preparing sports reserves, as well as the need to continuously improve the effectiveness of training management at different stages of long-term preparation, create objective contradictions in the training process. These shortcomings later become one of the reasons for unsuccessful participation of national team athletes in international sports competitions.

The level of technical preparedness of runners is determined by the efficiency and economy of their movements. Based on the analysis of running technique, two steps or one cycle are accepted as the main unit of movement. Each cycle consists of two support phases (with the left and right foot) and two flight phases.

During running, as a result of the interaction of internal and external forces (external forces include environmental resistance, gravity, and ground reaction force), the runner's body constantly experiences vertical and horizontal oscillations. One of the runner's tasks is to ensure straight-line movement while avoiding excessive lateral and horizontal oscillations of the body.

Good running technique can be described as running in which all movements are efficient, smooth, and relaxed, and forward motion is carried out along a straight line without excessive tension or sudden forceful actions. This condition is achieved by slightly sitting on a bent knee. In this case, the foot lands first on the forepart near the toes, and then the entire foot and toes lower together. The feet should be placed as straight as possible without turning outward, which significantly reduces side oscillations.

For effective forward movement, complete extension of the leg in all joints during push-off is important, followed by a free forward-upward swing of the leg. The thigh is lifted to an optimal height specific to the type of running. The longer the running distance, the lower the height of thigh lifting should be. The lower leg should remain relaxed.

During running, the arms are bent approximately at a right angle at the elbow joint, although this position may slightly change during movement. In middle- and long-distance running, the primary function of the arms is to maintain the stability of the body.

Stride length and stride frequency are considered important components of running technique. The ratio between them should remain optimal to ensure natural and rhythmic running. Practice results show that during 800-meter running, the average stride length of leading athletes is approximately 2.00–2.10 meters, while in 1500-meter running it is about 1.90–2.00 meters.

During races conducted on separate running lanes, some runners may use a low start, while in most situations middle-distance runners use a high start. After the start, acceleration usually occurs within the first 30–40 meters, and the athletes' movements resemble those of sprinters. While running on curves, athletes slightly lean their body forward, direct the front part of the right foot inward, and move the right elbow slightly away from the body.

In middle- and long-distance running, breathing is carried out through both the nose and mouth. The breathing rhythm should be coordinated with the running rhythm. When the body's oxygen demand increases, the breathing rate should also increase.

Conclusions

In middle- and long-distance running, special endurance is considered the leading quality, and running at different speeds and durations is the primary means of developing it. The preparation period has a wave-like character, and each wave is characterized by a new level of the athlete's condition. Achieving a new level of athletic condition requires new approaches in organizing the training process.

In other words, during long-term preparation, the annual training cycle of qualified athletes should continuously adjust planned methods, training means, workloads, competition activities, and recovery methods to improve sports performance.

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