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THEORETICAL FOUNDATIONS OF ANNUAL TRAINING PLANNING FOR SHORT-DISTANCE RUNNERS AT THE INITIAL TRAINING STAGE

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Abstract

This article discusses the theoretical foundations of annual training planning for short-distance runners at the initial stage of preparation. In sprint events, scientifically based planning of the training process is essential for achieving high athletic performance. The study analyzes the principles of periodization, the distribution of training loads, recovery processes, and the development of physical qualities such as speed, strength, and coordination. In addition, the necessity of considering the anatomical and physiological characteristics of young athletes is substantiated. The article demonstrates that systematic planning at the initial stage is an important factor in shaping the athlete's future sports mastery.

Keywords

short-distance running, sprint, annual planning, periodization, initial training, training load, physical qualities, athletics, sports theory, young athletes.

Introduction

The process of sports training is a complex and multi-stage system that requires scientifically grounded planning. In athletics sprint events (100 m, 200 m, and 400 m), achieving high results requires athletes to master speed, explosive strength, agility, and technique at a high level. These qualities are not developed randomly but through a consistent and systematic training process. Therefore, annual planning is considered one of the fundamental components of sports preparation.

The initial training stage is an important period that forms the foundation for the athlete's future specialization. At this stage, the primary focus is not on achieving maximum results, but on developing general physical fitness, forming correct running technique, and adapting the organism to sports loads. Through annual planning, the coach properly distributes training loads and ensures the athlete's gradual development.

Methods

This article was written based on a theoretical analysis of scientific literature related to sports training theory, periodization systems, and long-term athlete development concepts. The management of training loads used in sprint preparation, the structure of microcycles and macrocycles, and age-specific physiological characteristics were studied. In addition, the content of the initial training process was analyzed on the basis of pedagogical and biological principles.

Results and Discussion

The annual planning of training for short-distance runners is based on the principle of periodization. Periodization refers to dividing the training year into specific phases, each with distinct goals and objectives. At the initial training stage, the annual plan is generally divided into the preparatory period, competition period, and transition period.

The preparatory period is the most important stage, during which general physical fitness is developed, technical foundations are formed, and the organism adapts to training loads. During this period, training volume is relatively high, while intensity remains moderate. Athletes perform exercises aimed at improving running technique, general strength, and coordination.

During the competition period, training volume decreases while intensity increases. At the initial stage, competitions mainly serve as a means of gaining experience and increasing motivation. In the transition period, the athlete's organism recovers and adapts to the next training cycle.

The principle of progressive load increase is highly important in sprint training. Excessive loads should not be applied at the initial stage, as this may lead to injuries and slow down development. Therefore, general physical qualities are developed first, followed gradually by specialized speed exercises.

It is also necessary to consider the anatomical and physiological characteristics of young athletes. Since children and adolescents are in a stage of rapid growth and development, their training should be organized in a diverse and game-based manner. This approach increases their interest and facilitates adaptation to sports activities.

The microcycle and macrocycle systems also occupy an important place in the training process. A microcycle usually includes one week and consists of different types of training sessions such as speed, strength, technique, and recovery. A macrocycle combines several microcycles and serves to achieve the main objectives of the annual training plan.

The recovery process is an integral part of annual planning. Complete recovery of the athlete's organism improves training effectiveness and helps prevent injuries. Therefore, rest days and light training sessions should also be included in the plan.

Conclusion

At the initial stage of preparation, annual training planning for short-distance runners is a scientifically based system built on the principles of periodization, gradual increase of training loads, and consideration of age-specific characteristics. Proper planning makes it possible to harmoniously develop athletes' physical qualities, strengthen technique, and improve future sports performance.

At the same time, annual planning requires deep knowledge, experience, and an individual approach from the coach. A scientifically grounded training system ensures the long-term development of young sprinters and creates a solid foundation for achieving high athletic performance.

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