

OPTIMIZATION OF TRAINING LOADS OF YOUNG TRIATHLETES IN THE ANNUAL TRAINING CYCLE

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Annotation: training plays an important role in the development of young triathletes and ensures that they are ready to achieve the best result during the race. However, optimization of training loads requires careful planning and consideration. This article explores effective strategies for optimizing training loads for young triathletes, with an emphasis on the annual training cycle.

Keywords: health, periodicity, intensity, simultaneous training, fatigue, quantification, monitoring, nutrition.

Аннотация: обучение играет важную роль в развитии молодых триатлонистов и гарантирует, что они будут готовы добиться наилучших результатов во время гонок. Однако оптимизация учебных нагрузок требует тщательного планирования и рассмотрения. В этой статье рассматриваются эффективные стратегии оптимизации тренировочных нагрузок для молодых триатлонистов с упором на годовой цикл тренировок.

Ключевые слова: здоровье, периодичность, интенсивность, одновременная тренировка, утомляемость, количественная оценка, мониторинг, питание.

Triathlon is characterized by multidisciplinary sports, in which swimming, cycling and running are completed consecutively in various competitions such as sprint, Olympic, long-distance and Ironman formats. A large number of training and total

volume to improve physical fitness and performance by triathletes can increase the risk of injury, illness or excessive fatigue.

Short and medium-term individualized training plans, periodization strategies, and work rest balance are necessary to minimize interruptions in training due to injuries, illness, or adaptation. Although there are no health and well-being problems, it is not clear whether cellular signals triggered by several learning stimuli that lead to adaptation to training every day interfere with each other.

The distribution of training intensity within and between different activities is an important aspect of training. When observing the training load, it is necessary to take into account internal (perceived stress) and external loads (objective indicators). The inclusion of strength training to complement the large-scale endurance work in triathlon can help avoid excessive injury.

The different formats and distances of triathlon racing have separate requirements for different competition schemes. For example, in the main triathlon Olympic Games, a high level of stable performance is required throughout the season, as the World Triathlon Series (eight events in 2019) awards the most stable high-scoring athlete with the title of World Champion. In contrast, long-distance events, notably Ironman, require that a triathlete typically have a single star performance of the day, given the very small number of races in a year and the strenuous physical demands of a long-running race.

Finally, the newest addition to the Tokyo 2020 Olympic program is the mixed relay race, where two male and two female athletes will finish before competing in the triathlon (300 m swimming, 6.6 km cycling and 1 km running). teammate. A short and intense performance demonstration called a endurance athlete.

The complexity of triathlon goes beyond the multidisciplinary nature of sports and covers aspects of the athlete's physical and mental health, training monitoring, nutrition strategies and many others.

Carefully combining the available and emerging factors that contribute to performance results should help adapt to training, reduce the risk of injury and illness, and optimize training and competition preparation.

Triathletes hold high training loads with various combinations of exercise intensity and volume, expressed in power output measured in Watts, such as cycling (external load) and associated perceptual measures and physiological reactions (internal load). perceived voltage and heart rate, blood lactate and oxygen consumption.

The separation of internal and external loads is used to assess the state of fatigue of the athlete. For example, using the aforementioned bicycle external load, the power output can be maintained for the same amount of time; however, depending on the state of fatigue of the athlete, this can be achieved with a high or low heart rate or a high or low perception of movement.

To achieve the best racing performance, various training load monitoring tools have been developed to help athletes and coaches assess training readiness, risk of illness and or injury, and readiness to return to play from injury in order to achieve optimal training progress.

These athlete training monitoring tools can highlight specific imbalances between internal and external loads and help the coach identify any problems that may arise before they occur or become significantly aggravated.

In triathlon, as in many other sports, experience, anecdotal reports and scientific facts are combined to make sound decisions regarding the training recipe. However, translating research results into individual training plans can be difficult because each athlete is different and can respond to training stimuli in different ways. The ratio of work to rest, injury and disease episodes, and the degree of adaptation to training stimuli affect the coach's decisions on individual training for training and competitions.

Often, the best source of basic training optimization information for athletes is feedback provided by the athletes themselves. Systematic monitoring of the athlete,

anecdotal experience and evidence-based knowledge provide the coach with information about the development of an integrated training plan, individualized for each athlete.

For young triathletes, optimizing training loads during the annual training cycle is essential for their long-term development as athletes. Balancing the intensity, volume, and recovery periods of training can help prevent injury, improve efficiency, and improve overall health and well-being.

We bring some key points on how to optimize the training loadings of young triathletes during the annual training cycle:

Individualized approach: each young triathlete is unique in terms of physical abilities, maturity and goals. It is very important to adapt training loads to their specific needs and abilities, taking into account factors such as their age, physical development, training history and competitive goals.

Progressive overload: progressive overload is a gradual increase in training loads over time to generate physiological adaptation in young triathletes. To prevent excessive stress and fatigue, it is very important to develop training programs that gradually increase the intensity and volume of training. Consider the implementation of the principle of periodization, which involves dividing the learning cycle into different stages with specific educational directions and goals.

Multisport approach: Triathlon includes three different disciplines - swimming, cycling and running. Training loads must be evenly distributed across these three sports to ensure balanced development and reduce the risk of excessive injury. Periodization can also be used in every sport, with a focus on different aspects such as endurance, speed and technique during training.

Rest and recovery: weekends and recovery periods are important components of the training cycle. Young triathletes need enough time to allow their bodies to adapt to the stress of training and recover physically and mentally. Including regular weekends,

easy workouts, and active recovery exercises can help prevent overtraining and optimize performance.

By taking these factors into account and implementing a comprehensive and individual approach, coaches and coaches can optimize the training loads of young triathletes during the annual training cycle. This approach not only increases their effectiveness, but also contributes to long-term physical and mental development as successful triathletes.

Conclusion

For young triathletes, optimizing training loads during the annual training cycle is critical to their overall development and success. By using transition words, maintaining an active voice, using different sentence structures, and applying arrows, this article provided valuable insights into optimizing training loads for young triathletes. Following these strategies will undoubtedly contribute to their growth and achievement in sports.

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