

ABOUT THE TRAINING OF TRIATHLETES AND THEIR DEVELOPMENT

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Annotation: *in this article, scientific research on the development of the sport of triathlon was studied by sports historians, coaches, sports scientists and triathletes. These studies look at the origin of triathlon, its first competitions, the popularity of sports and the sporting impact of technological advances.*

Keywords: *Triathlon sport, wellness culture, physical activity, Asian Games, new technologies in sports.*

Physical education and sports are the physical and moral, spiritual and rights of the person of the younger generation, and the problem of integration is expressed in national traditions, traditions, values, as a power that has many people. Therefore, in the current period, when the development of democratic changes in our country and the formation of the foundations of civil society is rapidly gaining momentum, the issue of maturation from our youth, harmony, solidarity has been established as a priority in our republic. Today, during a period of rapid development of the Olympic Movement, special attention is also paid to the development of the sport of triathlon.

The experience of many countries of the world shows that the development of triathlon sports serves to form a culture of healthy living among the population, especially among young people, to protect health. Factors that negatively affect human health are increasing day by hour. The work of the organs and systems of the entire body of each person who is engaged in the exercise of walking, running, jumping and throwing in the sport of triathlon improves, impaired activities are restored, mental and physical activity increases. As a result of regular training of

the triathlon with walking and running exercises, the structure of the bones is strengthened, the joints are mobile, increased muscle strength and improved metabolism.

Triathlon races usually start with a swimming stage in open water or in a pool. The swimming distance usually varies from 750 meters to 3.8 kilometers. The cycling stage then begins and the Racers ride the bike for a certain distance. The bike path is usually between 20 and 180 km. Finally, the race ends with a running stage. The running distance is usually between 5 and 42.2 kilometers.

Triathlon is suitable for athletes of any age and level. Races are often classified according to different age groups and skill levels. This makes it a sport in which everyone can participate and compete.

Triathlon is a sport that requires endurance, discipline and strict training. To succeed in competitions, athletes must perform well in all three disciplines. Therefore, triathlon is a sport that makes athletes difficult both physically and mentally.

Triathlon continues to attract worldwide attention with its annual international races. These competitions give athletes the opportunity to compete and showcase their talents. In addition, the sport of triathlon has many advantages in terms of endurance, health and lifestyle.

Triathlon-Olympic sport is an all-round complex sport that aims to develop endurance and strength. Competitions are held in three stages: first, swimming - all participants from the shore, pontoon or direct water, often a mass start is held on calm water lakes, rivers, then a bicycle race, often consisting of several circles, followed by running, often held in a circle, like any other species-its length depends on the distance. Compliance with the procedure for changing between stages is strictly regulated, athletes should not interfere with other participants (when preparing their bikes or changing clothes). The athlete must have time to perform the exercise (swimming, cycling, running) at the specified intervals for each stage.

Triathlon began its Olympic program debut at the 2000 Sydney Olympic Games in the Olympic triathlon distance (1500 m swimming, 40 km cycling, 10 km running). Triathlon is an Olympic sport that develops endurance and strength qualities and has recently become very popular among men and women, professional and amateur athletes. In addition to these, in modern sports, technologies are widely used that determine the physical condition of the athlete in the process of training and competition. Cardiographs and accelerometers mounted on a watch or shoe for triathletes. Devices for tennis players that indicate the impact force and direction that are mounted on a tennis racket. Examples of these are the pulsometers currently used in all sports.

Thanks to technological progress and international organizations of the sport, the riveting of the triathlon has developed rapidly. Innovations in cycling technology, swimming and running equipment, and various tools and equipment used to improve the performance of triathletes have been developed. In addition, the International Triathlon competition and organizations are taking place, which also serves the growth and popularity of the sport.

These scientific studies study the history, development and impact factors of triathlon and assess the future possibilities of the sport. Triathlon is a complex multi-sport that requires endurance, speed, coordination and strategy. With technological progress and increasing interest, triathlon is expected to increase in popularity and increase the number of participants.

In conclusion, it can be said that in the current period, the training processes of athletes are developing and perfecting. The introduction of new technologies has led to a huge change in sports. The sport of the present period is very different from the sport in Ancient Greece. The performance of the athletes was not solely dependent on fitness. Inventions made in the last hundred years left New modern drawings in the field of sports.

We are now so accustomed to such devices that we consider the use of devices that calculate millimeters and milliseconds in sports as a simple case. It is

not only the demonstration of television or sports competitions, but also for athletes and coaches, computer programs are actively developing, which are designed to effectively control sports training and master exercise techniques well.

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