

global problems of special speed-strength training. Wrestling in the prone position can be used when working with athletes of any level of fitness and at various stages of training, but techniques in the pit are most often performed in a power mode and only some elements have a speed-power orientation. A sufficiently significant influence on the development of a wrestler's explosive power is exerted by his ability to switch from one technical action to another, when the opponent's defenses prevent him from performing the first technique, that is, the wrestler's ability to use various combinations.

It is advisable: first of all, to improve the explosive abilities of individual muscle groups that carry the main load when performing attacking actions; then increase explosive strength in certain phases of attacking actions; thirdly, to improve the strength and speed of attacking actions in general.

Conclusion. So, to ensure the development of "explosive" force, you can use throwing and pushing various medicine balls, cannonballs, weights and stones from different positions with the greatest acceleration in the final part; activities with an ax and hammers; jerks and jerks of any barbell; as well as overcoming the inertia of one's body during strikes, during defense, during the transitions from defense to strikes and vice versa [2, p. 31-33].

A successful and frequently used exercise to ensure the development of strength of the extensor muscles of the arms, which carry the main load in percussion actions, are various push-ups in the supine position. No less attention should be paid to strengthening the abdominal muscles. In addition, various exercises on the crossbar, uneven bars, gymnastic wall, with shock absorbers and weights, with partners are also widely used for athletic training.

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COMPARATIVE ANALYSIS OF TRAINING LOAD PARAMETERS OF QUALIFIED BODY ATHLETES DEPENDING ON BODY MASS TAKING INTO ACCOUNT GENDOR DIFFERENCES

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Over the past few decades, women's weightlifting has received increasing attention around the world. Women's weightlifting has also grown in popularity thanks to its inclusion in the 2000 Olympic Games. The emergence of this kind

of sport indicated a number of problems in the preparation of female athletes for competitions, which ultimately contributed to the modernization of the entire system of competitive training of female athletes as a whole. According to experts, the training load of qualified weightlifters in the process of preparing for the competition should be planned taking into account the psychophysical and functional characteristics of the female body and significantly differ from the system of competitive training used in the training process of men. Since women's weightlifting is a relatively young sport, in the modern literature there is not enough information necessary for the effective planning of training loads for qualified female weightlifters (master of sports and master of sports of international class). It is well known that the most important criterion for a training load is its volume. And therefore, for effective planning of the training process in preparation for competitions, athletes and coaches need knowledge of quantitative and qualitative indicators of the optimal volumes of physical activity, which must be used in the training process at different time periods (during one training, microcycle, mesocycle, macrocycle, etc.). Consequently, the problem of planning the training load of female weightlifters is currently relevant, which determined the direction of our research.

Purpose of the study is to reveal the optimal parameters of the volumes of the training load of qualified weightlifters of various weight categories (taking into account gender differences).

Material and methods. The material for this article was obtained as a result of a pedagogical analysis of scientific and methodological literature, individual plans and diaries of qualified athletes, as well as personal experience of preparation and participation in competitions of various levels in weightlifting of the author of this article.

Findings and their discussion. The amount of the training load is a quantitative indicator of the physical work carried out during the period of performing an individual exercise, a series of exercises (training), for a microcycle, mesocycle and macrocycle. [2, p. 34-40] The most common criteria for the amount of work performed in weightlifting are:

- tonnage - an indicator that characterizes the amount of work performed in kilograms, tons [2, p. 24-40,5];

- the number of boom lifts - KPSH [2,3,5]. The amount of tonnage and KPS are related to each other, and also depend on the qualifications and weight category of athletes and female athletes. With an increase in the weight category, as a rule, the tonnage also increases. At the same time, the load expressed by KPSH among athletes of heavy weight categories is lower than among weightlifters of light and medium weight categories [3]. Table 1 and Table 2 provide recommendations for the monthly number of barbell lifts for qualified male and female weightlifters in various weight categories. Table 1 - Parameters of the volume of physical activity during the training mesocycle, recommended in

preparation for the competition of qualified women weightlifters (according to MM Abdulmedzhidov, 2012) [1, p. 66–68].

Table 1 – Parameters of physical load volumes during the training mesocycle

Weight categories, kg	Load volume in KPS (number of boom lifts)
Light and medium (45,49,55,59,64,71)	1823 ± 87
Heavy (76,81,87,87+)	1694 ± 130

Table 2 – Parameters of the volume of physical load during the training mesocycle, recommended in preparation for the competition of qualified male weightlifters (according to IP Sivokhin, 2016) [4, p. 75–86].

Weight categories, kg	Load volume in KPS (number of boom lifts)
Light and medium (55,61,67,73,81,89)	1718 ± 115
Heavy (96,102,109,109+)	1375 ± 158

Conclusion. The analysis of the indicators of the volumes of the training load of qualified weightlifters in preparation for the competition (Tables 1 and 2) showed that its levels, expressed in KPS, decrease with an increase in the weight category in both men and women. Comparative analysis of KPS indicators in heavy weight categories of men (1375 ± 158) and women (1694 ± 130) convinced us that women of these weight categories are recommended to have a greater load than men. In our opinion, this can be explained by differences in quantitative indicators (in kg.) Of heavy weight categories in women and men. In women, heavy weight classes range, as a rule, in the range from 76 kg to 87+. In weightlifting, athletes whose weight reaches 120-130 kg are extremely rare. In men, this weight range refers to the average weight. In addition, the higher indicator of the volume of the training load of women in heavy weight categories is also explained by the higher adaptive capabilities of the female body compared to men.

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