



Рисунок 9. Метание копья

Результат практически не меняется 30 лет, но и приемлемым его нельзя назвать. Заметно ухудшение результатов, начиная с 2003 г. Прирост результата в 2019 г. связан с использованием женского копья.

Заключение. Сохранилась тенденция к несущественным колебаниям среднего уровня достижений в большинстве видов, входящих в учебное легкоатлетическое многоборье. Исключение составляют технические виды – толкание ядра, метание копья, прыжки в высоту, барьерный бег. Ухудшение результатов в прыжках в высоту с разбега требует отдельного исследования. Что касается технических видов, то мы по-прежнему считаем, что «Это может объясняться отсутствием на факультете условий для полноценного обучения студентов длинным метаниям» [2, с. 386]. А также совершенствования в них и барьерном беге.

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PLANNING OF THE TRAINING PROCESS OF POLYATHLETE STUDENTS SPECIALIZING IN TRIATHLON WITH CROSS-COUNTRY SKIING

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Annotation. The article deals with the issue of planning training sessions for students engaged in polyathlon (triathlon with cross-country skiing) in the preparatory period of the annual cycle of sports training. The content of shooting, power and racing training is presented.

Keywords: polyathlon, planning, preparatory period.

Аннотация. В статье рассматривается вопрос планирования учебно-тренировочных занятий студентов, занимающихся полиатлоном (треборье с лыжной гонкой) в подготовительном периоде годичного цикла спортивной подготовки. Представлено содержание стрелковой, силовой и гоночной подготовки.

Ключевые слова: полиатлон, планирование, подготовительный период.

Introduction. To achieve high sports results in polyathlon, several years of hard work, and continuous training are required, during which the athlete develops and improves physical qualities, masters the technique and tactics of sports that differ markedly from each other [2, p. 3; 3, p. 3]. Whereas, it is necessary to take into account the fact of studying at a university among athletes engaged in polyathlon (triathlon with cross-country skiing) [1, p. 91] and on the basis of these data to improve the structure of the training process of sports training. After all, training a multi-athlete is always a complex and multi-component process. The problem of the study is in the optimal planning of means and methods of ski training, strength gymnastics and shooting training in the educational and training process of the preparatory period of polyathlete students. The purpose of the study is to improve the plan of training sessions in the preparatory period of the annual cycle of sports training for polyathlete students.

To achieve this goal, the following tasks were solved in the work:

1. To study the structure of the training process of polyathlete students.
2. To develop a plan of training sessions in the process of sports training of polyathletes.

Material and methods. To solve the tasks, the following research methods were used:

1. Analysis of scientific and methodological literature.
2. Analysis of the competition protocols.

Organization of the study: The study was conducted at the Siberian State University of Physical Education in a group of highly qualified polyathlete students. The study involved 5 students aged 20 to 23 years with experience in polyathlon (triathlon with cross-country skiing) from 4 to 10 years, with qualifications of CMS and MS.

Results and their discussion. As a result of the analysis of the training sessions, the content of the plan of the training process of polyathletes in racing, shooting and strength training in the preparatory period was developed. Data on the content of the training process are presented in Tables 1-3.

In racing training, athletes perform the main amount of training in September; in November, there is a decline in training. This reflects the transition to the competitive period (Table 1). Please note that the largest amount at the special preparatory stage in September is allocated to special exercises (roller skis - 250 km). The load in October stabilizes and has almost equal values in volume between preparatory and special exercises.

Table 1. – The content of the training process of polyathletes in racing training in the preparatory period

Month	September	October	November	Total for the period
Type of exercises				
Preparatory (running, walking, km)	207	155	108	470
Special (roller skis, km)	250	150	50	450
Total (for a month)	457	305	158	920

Strength training includes special and competitive exercises. Special exercises characterize the special work of the power component in polyathlon and consist of pulling up on a crossbar with weights. Competitive exercises are aimed at implementing such a component as strength endurance, and also reflect tactical training and moral and volitional stability. In power gymnastics, there is a tendency for special exercises to prevail over competitive ones (70% to 30%) during the entire preparatory period.

Since the main amount of training load in September is given to race training, it is proposed to use the largest amount of strength training in October - 420 pull-ups (Table 2). This is due to the fact that the amount of load in racing training for recovery before the ski season is reduced.

Table 2. – The content of the training process of polyathletes in strength gymnastics in the preparatory period

Month	September	October	November	Total for the period
Type of exercises				
Special (pulling up on the crossbar with weights) number of times	250	300	150	700
Competitive (pull-up on the crossbar 4 min) number of times	100	120	80	300
Total (for a month)	350	420	230	1000

The distribution of the load in shooting training has an undulating curve: September - 11.5 hours of work; October - 9.5 hours; in November there is a significant jump and the amount of work reaches 13.5 hours. At the same time, an equal amount of time is allocated for preparatory exercises in the preparatory period, since the training exercise must be performed at the end of each workout. This, in turn, indicates the need to distribute the bulk of the load in rifle training for November (Table 3).

Table 3. – The content of the training process of polyathletes in shooting training in the preparatory period

Month	September	October	November	Total for the period
Type of exercises				
Preparatory (training exercise) hour	5	5	5	15
Special (shooting for accuracy) hour	6,5	4,5	8,5	19,5
Total (for a month)	11,5	9,5	13,5	34,5

Thus, in September - the main emphasis is on racing training, October - strength training and November – shooting training. The bulk of the training load falls on special training (pull-up, shooting, roller skis).

Conclusion. The analysis of the training sessions allowed us to develop a training process plan. The main focus of the work should be given to special training, using exercises of a special orientation: shooting training – improvement of shooting techniques of various intensity; racing training - improvement of general physical and special endurance; strength training - development of general endurance. With a rational distribution of the load in the final part of the preparatory period, students engaged in polyathlon (triathlon with cross-country skiing) have more opportunities to realize their sports potential.

Literature

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