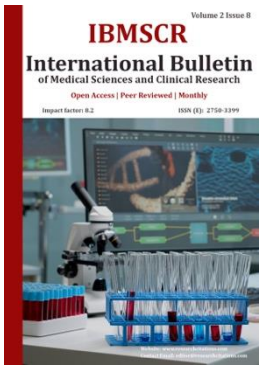

DISTRIBUTION OF ANNUAL PREPARATORY TRAINING ACTIVITIES OF JUNIOR DISTANCE RUNNERS

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Abstract : This article short to the distance runner teenagers annual preparation process effective distribution about word conducted is , sports activities of teenagers organism fast development and to grow related that was due to , annual preparation training scientific basically and study process every one in the phase caution with to be planned necessary . Every one in stages done increaseable exercises and methods , as well as athletes physical preparation level and technician skills to increase aimed at training about information given .

Short distance running technique. Short to distances running four conditional divided into phases : running beginning – start ; from the start next running ; distance along running ; to the finish line arrival

Running start – start. In a sprint to run faster to start and q iskaro q in the distance speed maximum to add opportunity A low start is used that gives . In a low start runner of the body general theft center runner hand from the sidewalk broken immediately from the support much in advance It will be gone . From the start further faster exit starting blocks for They are used . depression for less is more support , placement of the legs and support of the levels slope angle always one kind to be provides .

From the start next running technique. Short story to distances on the run good show result for , from the start then quickly maximum to speed achieve very important . This for usually 20-25 m long enough from the start next running service From a low start Run, work . everyone power forward movement to do to be focused need . Gavda just (too much) orthotic (not) at its worst , this shaking sleep number to the high altitude road without putting received side to move good impression shows . With this together lower raised shaking the foot faster to the sidewalk unloading possible .

From the start then first step length approximately as at home middle goes : 1st step (from the front starting post) - 3, 5-4 feet bottom , 2q - 4-4.5, 4- 4.5, -5q-5-5.5, 6 q - 5.5 -6 oyo q bottom to the length equal . Hand and of the feet movement frequency to each other is related . This frequency intersection to innervation based on for , hands movement acceleration steps frequency to increase help gives .

To the finish line arrival technique. Distance in the field runner possible until maximum speed undeveloped only if , 100 m and 200 m distance at the end to run further acceleration possible It is . But to the finish line on arrival speed I'm going to increase the distance . during limiting running It doesn't work . From the start starting opportunity as much as possible faster maximum to speed achieving take it distance until the end without reducing went The runner 's body finish line from the line past vertical to the plain touched

Running in time ends . Runner finish line blue line to the height weighed distance his life declarative to the tape first become body touches the tape faster touch for , it is on the tape received last I see a dog in the street . sharp forward bending over , hands back pulls . Such method "k o' crack" with It's called " throwing away " .

Various to distances running of the technique Features : 100 m running . 100 meter dash distance opportunity as long as , maximum at speed running to go need . Such speed every always maximum work strength with It is not clear . Every which one diver not too heavy , light while running achieved the most high speed , that's it sprinter maximum speed will be . The best masters work strength maximum when maximum They can also achieve speed . From the start fast Run 100 m . from running (faster) maximum to speed achieving take , opportunity as much as possible him/her to the finish line to take care of for) to accelerate around But 100 meters growing while running fatigue because of distance at the end speed one little decreases . But how much well - trained if fatigue so much late begins . Short to the distance running (100 meters , 200 meters) and 400 meters (such as) a sport , teenagers for high level speed and strength demand This is a sport . with practitioner teenagers preparation process correct planned to be must . Annual preparation training systematic and step by step done increase need . Below short to the distance runner teenagers annual preparation training distribution about information is given .

1. Annual preparation main stages

Teenagers annual preparation process usually following to stages divided into :

- Elementary stage (good) health and preparation for)
- Development stage (technical and physicist skills development)
- Peak formation stage (competitions) for preparation)
- Again recovery and rest stage

2. Elementary stage (1–2 months)

this stage athlete physical preparation starts . Home goal - muscles strengthening , cardiovascular vein system develop and to run main the technique to teach . Training mainly general physical preparation to increase aimed at will be :

- Aerobics exercises (light) running , interval training)
- Power and elasticity exercises (training , body muscles development)
- Flexibility exercises (stretching) and elastic increase)

3. Development stage (3–5 months)

this stage of running technique further improvement and athlete for necessary was strength , speed and endurance to develop aimed at training done This is in the period intensive trainings begins :

- Sprint training (short distances according to maximum at speed running)
- Muscle power and speed according to special exercises
- Technical and tactics training (start and finish technique , running effective methods)

4. Peak formation stage (2–3 months)

this stage teenagers to competitions they are preparing . Preparation training competition to the conditions adapted . Proper rest and maximum downloads between balance storage very important :

- Collection (special sprint exercises) and maximum speed increase);
- Repeat and time shortening (running duration and intensity increase);
- Competition simulations (test sprints in real conditions);

5. Repeat recovery and rest stage (1–2 months)

this period teenagers muscles to recover , physically the situation to improve and next preparation to the period to prepare aimed at training At this stage heavy from downloads avoided and to rest more attention focuses on :

- Light running and general recovery exercises
- Aerobics exercises and stretching
- Psychological rest and motivation increase

6. Exercises distribution

Usually , teenagers for weekly training as follows distributed :

- **Monday** : Strength exercises , sprint training
- **Tuesday** : Aerobics exercises , stretching
- **Wednesday** : Sprint training , technical exercises
- **Thursday** : Strength exercises , interval running
- **Friday** : Light running , recovery exercises
- **Saturday** : Competition simulation or high high-intensity sprint
- **Sunday** : Rest or light aerobic exercises

Conclusion as in other words what is it to the distance runner teenagers for annual preparation process systematic and consistent to be necessary . Every one in stages physical preparation , technique and tactics to develop separately attention focus must . Exercises distribution correct plan athlete's own opportunities maximum at the level done increase and high to the results to achieve help gives . Rest and recovery is also preparation process important part organization because it is an athlete 's himself to feel good and physical status restore for It is necessary .

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