

Unique Continuity of the Planning Process of Training Loads in Organizing Training Camps in Kurash

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Abstract. *The principle of unity between general and special preparation in Kurash training considers their interconnection. In the early stages of multi-year sports training, general preparation plays a leading role, forming the foundation for functional capabilities and movement skills. For instance, Wrestlers who master acrobatics in the initial training stages can later perform complex technical-tactical movements successfully.*

Key words: *Kurash, physical preparation, training, load, functional capabilities, quality.*

Achieving a sufficient level of overall physical readiness largely depends on the rational selection of training methods and tools, ensuring an optimal ratio between general and special preparation over the years.

The ratio between general and special preparation varies based on an athlete's age, training level, and individual characteristics.

Determining this ratio requires considering not only the athlete's readiness level but also competition strategy, movement skills, and endurance to training loads.

Special preparation becomes a solid foundation of general preparation, leading to positive adaptation effects. This principle ensures year-round training planning, incorporating optimal training loads and rest periods for continuous improvement. Year-round training design follows these principles:

- a) Increasing the general endurance level of a Kurash athlete across physical, technical, tactical, and psychological aspects leads to higher performance.
- b) For beginners, developing specific aspects of endurance contributes to rapid progress, but sustained improvement requires integrating different training elements into a unified approach that meets competition demands.

The continuity of the training process in Kurash is ensured by three key principles:

1. Training should be long-term and year-round.
2. Each training session should build upon the previous one to consolidate and enhance positive physiological changes.
3. Adequate rest periods between exercises and training sessions should support recovery and further development.

A well-balanced competition calendar is crucial for maintaining continuity in training. Typically, two to three main competitions are prioritized each year, with all other events supporting their preparation. Training loads must be systematically increased to achieve high sports results, as performance directly correlates with the volume of training loads.

Training loads approaching the functional limits of the body stimulate significant physiological adaptations, improving an athlete's potential. However, repetitive training loads gradually lose effectiveness, eventually failing to enhance physical and mental endurance. Unlike other sports, Kurash requires mastering a vast array of technical-tactical movements, necessitating a progressive increase in movement complexity, especially in combined attack strategies.

Currently, two key factors influence training optimization:

1. The rapid increase in training volume and intensity, approaching biological limits in modern sports.
2. The standardization of training methodologies and skill levels among top athletes worldwide.

These factors necessitate refining training structures to manage the sports improvement process more effectively. Training load planning considers session objectives, total training duration, and intensity levels. Training loads are categorized based on intensity:

1. Low-intensity loads focus on aerobic capacity development.
2. Moderate-intensity loads develop both aerobic (mostly) and anaerobic energy systems.
3. Submaximal intensity loads enhance both aerobic and anaerobic potential and are commonly used in pre-competition and competition phases.
4. Maximal intensity loads optimize energy supply mechanisms and improve explosive speed-strength qualities.

A study on load distribution in Kurash training involved athletes of different competitive levels, including international masters, national masters, candidates for master status, and first-degree sportsmen. Various training loads were applied, and fatigue levels were analyzed through physiological indicators and athlete self-assessments.

Findings showed that determining optimal load levels for different training cycles remains a challenge. While general recommendations exist, precise numerical guidelines for training loads are lacking. Weekly preparation cycles in Kurash typically involve two or three training sessions, with maximum allowable loads identified through fatigue assessments and biochemical markers.

Summary:

This article discusses the continuity of the training process in Kurash, emphasizing general and special preparation, and analyzing training loads' impact on athletes' physiological adaptation.

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