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# PLANNING TRAINING LOADS OF MULTI-YEAR PREPARATION PHASES IN WRESTLERS

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Article history:	Abstract:
Received:20th June 2024Accepted:14th July 2024	This article aims to develop recommendations for the processes of preparing for responsible competitions by rationally planning the training loads of qualified wrestlers engaged in wrestling in the stages of multi-year preparation.
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**Keywords:** Wrestling, volume of loading, stages of preparation, physical training, competition, training, physical education, sport.

Wrestlers were given different loads during their training stages. In this case, the level of indicators was determined, the norms of the volume of downloads were determined. Load volume norms were determined by combining characteristics such as training task, training day (quick norming), training microcycle (daily norming), direction and specialization of loads.

In order to increase the volume of training, the wrestlers of the experimental group used the developed norms of the volume of loads for quick and daily regulation, as well as the combination of loads in the main direction was used in training microcycles. A training program developed by us by identifying and evaluating long-term training efforts of athletes was introduced into the study.

The condition of wrestlers up to the stages of multi-year training was determined, and during the period of training of wrestlers, optimized training loads were planned and a training program was developed, allowing them to win responsible competitions.

**ENTER.** In single combat sports, the effectiveness of training qualified wrestlers in multi-year training stages is determined by the principle of increasing the size and intensity of loads applied in a "wave" direction depending on the age, gender, level of sport and physical fitness of the athlete.

Based on the specifics of each sport, the development of physical qualities and effective formation of technical and tactical skills of wrestlers is based on the nature, content, direction and number of repetitions of training loads. In this regard, the purposeful planning of the ratio of loads belonging to the types of training of wrestlers and determining their optimal amount is of crucial importance.

In sports practice, it is necessary to prove that the training loads used in the stages of multi-year training are in accordance with the specifics of the selected sports in terms of their essence and content [2,3,4].

The effectiveness of the training of skilled athletes in single combat sports is related to the formation of physical qualities and technical-tactical skills proportionally and in proportion to each other [2,3,4,5,6,7].

Research results and discussion. Today, Uzbek wrestling, which is recognized around the world, has its own methods of action (attack, counterattack, defense) and technical skills, in which the possibility of achieving high results is based on the purposeful design and application of specialized physical and technical-tactical loads.

In addition, the level of recovery of the body of wrestlers after many years of preparation after exposure to various loads is one of the current problems. We used the following updated test of S.P. Letunov to increase the intensity of training tasks:

After completing the recommended series of exercises, a rest interval of up to 1 minute, 30 seconds was given. If during this time the HR decreases to 120 beats per minute and below, high-intensity exercise should be continued. If the UQT does not decrease to this level, it is necessary to extend the rest time. For anaerobic-lactate, anaerobic-glycolytic and mixed aerobic-anaerobic loads, we recommend using the following as a specialized load:

- quick throws to methods, as well as the maximum number of throws within a certain time: 10 s, 20 s, 30 s, 1 min;

- tactical ways of preparing methods, methods of unbalancing at different levels of resistance of the opponent, special training exercises of fighting, performing throws simulating with gestures, etc.;

- escaping from captures, using anti-attack actions, etc. in the given time intervals (10 s, 20 s, 30 s, 1 min, 2 min, 3 min);

- conducting quick competitions in a short time (1 min., 2 min.).

Based on the above-mentioned points, taking into account the results of the duration of recovery of the organism to the initial level allowed to determine the norm of training loads for training tasks.



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	Experien	ce Guru athletes after the impact of various loads recovery dynamics (P<0,01)																		
	Send		Recovery time (min)																	
T\r	mess	Up to 150 ur/min. up to U								Up to 150 ur/min. up to Up to 150 ur/m								n. up to		
	ages		120	) ur/	min					<u>120 u</u>	r/min	)		120 ur/min						
	-					-		-	The	numbe	er of r	epea	ted	serie	es					
		1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	
1.	Anaer obic- alacta te (up to 200 HR/m in )	-	-	2 ± 3	4 ± 5	5 ± 6	6 га ча	-	-	0,2	0,5	1	1 ,5	-	0,5	0,5 ±1	1± 1,5	2	2	
2.	Anaer obic- glycol ytic (HR 180 ur/mi n.)	-	2 ± 3	3 ± 4	4 ± 5	6 га ча	-	-	0,3	0,3 ±0, 5	0,5	1± 2	2	-	0,4	0,5	0,5 ±1	1±1 ,5	2 ± 3	
3.	Mixed anaer obic- aerob ic (up to 174 HR/m in.)	1	2 ± 3	4 ± 5	-	-	-	0 ,3	0,5	0,5 ±1, 0	1,0	-	-	0, 5	0,5 ±1	1± 1,5	2г ач а	2±3	2 ± 3	
4.	Aerob ic (up to 162 bpm)	2	3 ± 2	4	-	-	-	0 , 5	0,5 ±1	1,0	1,5 гач а	-	-	1, 0	1,5	1,5	2	-	-	

# 1-spear

# 2-spear

# The dynamics of recovery of athletes after the impact of various loads (P<0,01)

	Send									R	ecove	ery tir	ne (	min)					
т∖р	mess	Fi	rom	150	hr/n	nin t	0	F	rom 1	50 hr	/min t	to 12	0	From 150 hr/min to 120					
	ages		12	20 h	r/mi	n				hr/r	<u>nin</u>					hr/m	in		
									Т	he nu	mber	of re	petil	tion se	ries				
		1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
1.	Anaer					7													
	obic	-	-	3	5	га	-	-	0,2	0,5±	1,0	1±	-	-	0,5	1,0	1±	1,5	-
	lactat			±	±	ча				1,0		1,5			±1,		1,5	±2	
	е			4	6										0				
	(200																		
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	n)																		



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2.	Anaer obic- glycol ytic (up to 180 bpm)	-	2 ± 3	4 ± 4	5 ± 6	7 га ча	-	-	0,3	0,5 гач а	0,5± 1,0	1± 2	3	-	0,5	0,5 ±1, 0	1± 1,5	2	2 ± 3
3.	Mixed anaer obic- aerob ic (up to 174 HR/m in.)	1 , 0	3	6	-	-	-	0 ,5	0,5 ±1, 0	1,0± 1,5	1,5	2	2 ,5	0,5 ±1, 0	1,0	1,5	2	2,5	3
4.	Aerob ic (YQT 162 ur/mi n.)	2 , 5	4	5	-	-	-	0 , 5	1	1,5	1,5 ±2	-	-	1,0	1,5 ±2	2	3	-	-



# 1-picture. After the effect of anaerobic-alactate loadings demand builders organism recovery dynamics.







3-picture. After the impact of anaerobic-aerobic loads, the bodybuilders demand the recovery dynamics.



4-picture. After the impact of anaerobic loads demand wrestlers organism recovery dynamics.

Explanation: \_\_\_\_\_ A1 - Experimental group

---- A2 - Control group



Based on the above experiments, it was recommended to develop a rational plan of moderation for wrestlers during training by controlling the volume of loads.

Wrestling is one of those sports that requires physical qualities and a reasonable planning of training loads. Based on the results of the conducted research, a general volume plan of training loads of wrestlers in the stages of multi-year training was developed.

T/p	Stage Name and Weekly MC Type	Package size
1	2	3
1.1	Development of special aerobic capabilities of wrestlers	3400-3620
1 2	Development of basic techniques in anaerobic-aerobic (mixed) mode	SUDINAXIMAI 3600 submaximal
1.3	Development of basic techniques in anaerobic-lactate and aerobic-glycolytic mode	3780-4000 maximum
1.4	Recovery MTs (U.R.M. sports games, running, swimming, etc., as well as the development of basic techniques in the low-intensity zone)	1300-1600 medium
1.5	Development of non-specialized absolute power capabilities	2600 in big
1.6	Development of general non-specialized agility capabilities	3800 maximum
1.7	Development of basic techniques in the mode of mixed direction	1650 medium
1.8	Development of special forces capabilities	3750 submaximal
1.9	Development of specific speed intensity and MF level	4000 maximum
1.10	Recovery MTs (non-specialized general exercises)	1000 so small
1.11	The development of special coordination skills of wrestlers involves complex combinations, tactical preparatory movements, programmatic dynamic situations, etc.	2600 big
1.12	Improving technical and tactical skills and increasing the level of MF	4000 to a maximum of
1.13	Recovery MTs	1650 medium
1.14	Control MTs. TTT and MF level control	4000 to a maximum of
1.15	Development of general coordination and basic technique	2600 in big
1.16	Development of special coordination skills	2600 in bia

### General plan of training loads for multi-year preparation stages for skilled wrestlers. I. The special preparatory phase of the preparatory period - 3 months

## II. Special preparation stage of the competition period. 2 months

2.1	Control and preparation MTs training sessions and competitions	3800 maximum
2.2	Convergent MTs, intense MF, multi-task learning competitions, modeling	3600 maximum
	upcoming competitions	
2.3	Recovery MTs. Aerobic specific non-specialized loading	1600 medium
2.4	Improvement of special coordination skills in conditions of high intensity	4000 maximum
	loads	
2.5	Further improvement of technical and tactical skills. Development of	3600 submaximal
	special forces capabilities	
2.6	Development of special speed capabilities and coordination skills. All	3700 submaximal
	exercises are mainly performed at high speed	
2.7	Тикланиш МЦ. Аэроб хусусиятли юкламалар	1650 medium

## III. The stage of direct preparation for the competition. 1 month

3.1	Development of technical-tactical skills, modeling of upcoming competitions	3750
		submaximal



3.2	Increase the level of MF. Control, training competitions. Modeling the	4000 maximum
	competition of the opponent ahead.	
3.3	Recovery MTs. Specialized download	1000 small
3.4	Technical and tactical skills, complex offensive actions, improvement of	3750
	tactics in different direction modes	submaximal
3.5	Development of MF, control educational competitions	4000 maximum
3.6	Reduce loads from maximum (Days 1 and 2) to medium (Days 3 and 4)	3000
	and light (Days 5 and 6) as competition approaches	submaximal

As can be seen from the table, according to the preliminary results of the experiments, the levels of exhaustion of wrestlers, the processes of recovery after optimized training loads, and the indicators of general and special physical training of wrestlers were determined. Based on the results of the experiments, a general volume plan of training loads for wrestlers in the preparatory process was developed and used in the practice of the experimental group.

This training plan consisted of III stages, including a 6-month macrocycle.

Stage I is a special preparatory stage of preparation.

Stage II is a special preparatory stage of the competition.

Stage III is the stage of preparation for the direct competition.

The general volume plan of training loads of these preparatory processes was used in the experimental group during the preparatory process.

Then, the dynamics of general and specific physical fitness indicators of both groups of wrestlers at the beginning and end of the experiment are evaluated.

And this state of the wrestlers before the training period shows that the optimized training loads of the qualified wrestlers during the training period allowed significant changes and achievements in the competitions.

#### CONCLUSION

Summing up from the above opinions, it can be said that a training plan was developed by planning and controlling the training loads of highly qualified wrestlers during the multi-year training stages. Exercises and methods were defined for the training tasks of wrestlers. A set of appropriate training tasks, training systems with different goals have been identified.

The above provides practical help in developing a load planning structure for training days and stages of training cycles. At the next stage of our research, the loading levels for weekly and monthly MTs in training processes were determined. In the initial experiment, the training structure of the wrestlers was examined and analyzed in relation to each other and the intensity of the applied loads. The analysis of the statistical relationship between the intensity of the training load and the indicators of the wrestlers' readiness determined the following.

There is a significant statistical correlation between training performance and wrestlers using optimized training loads. This indicates that mixed aerobic and anaerobic methods are relatively effective in training wrestlers.

The analysis of the data shows that the magnitude of the effect of the load intensity on the fighters' main (MF) indicators can be determined. Such an analysis has a positive effect on the purposeful and rational conduct of the training process and the planning of loads during the preparation of wrestlers for responsible competitions.

In addition, the dynamics of recovery of wrestlers after exposure to various loads was determined. After these different loading routes, it was determined how soon the wrestlers were ready for the next training load.

We consider it relevant and necessary to base the training MTs program developed by us on experience and to introduce the obtained results of the research into the training and training processes of wrestlers.

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