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# THE ANALYSIS OF SUSTAINING THE SPORT FORM OF MIDDLE-DISTANCE RUNNERS DURING COMPETITIONS

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# THE ANALYSIS OF SUSTAINING THE SPORT FORM OF MIDDLE-DISTANCE RUNNERS DURING COMPETITIONS

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***Easy is not an option. No days off. Never quit. Be fearless. Talent, you have naturally. Skill is only developed by hours and hours of work.***
***Usain Bolt***

**Abstract:** Middle-distance running is a balance of several different elements. These include three types of running – endurance, speed and speed endurance. Everyone at every level can learn to enhance their performance by improving each of the different elements. Middle-distance running is not the most fun or the easiest discipline – it is probably one of the hardest out there. It involves learning to work in that red zone when you are exhausted, your muscles are hurting, and you have to learn to keep going. In time, the body gets more used to it and adapts. Some athlete talk about training hard so that they can race more easily because training is where the really hard work is done. Developing a good technique is of paramount importance, but it is not easy, and it is not something that changes overnight. It is about practicing repeatedly, trying to do something the right way, working on drills day in, day out. That can help the technique and help the muscle memory. If you do things right repeatedly, over a long period of time, your technique will get better. It is incremental, seeing slight improvements followed by more slight improvements. This article describes the data obtained from the analysis of the results of a questionnaire conducted with middle-distance runners about the factors affecting the stability of the sport form of middle-distance runners

during the competition period in detail.

**Keywords:** competition period, functional, physical, technical-tactical and psychological preparation, sport form, factor, method, analysis.

## INTRODUCTION

Our research will serve to ensure the implementation of Resolution of the President of the Republic of Uzbekistan dated June 3, 2017, No PP-3031 "On measures for further development of physical culture and mass sports", Decree of the President of the Republic of Uzbekistan dated March 5, 2018, No. PF-5368 "On measures to radically improve the system of public administration in the field of physical culture and sports", Decree of the President of the Republic of Uzbekistan dated October 30, 2020, No. DP-6099 "On measures for the widespread introduction of a healthy lifestyle and further development of mass sports".

perfection. So, sport form is a state of optimal (best) preparedness, but in the same time it is a process, because it changes during athlete's career parallel with sport improvements with each individual. To be in the state of sport form, and in the right time, is the most crucial task which should be solved during training period by coach and athletes! Only if they successfully solve this tasks, athletes can achieve adequate, desirable and planned result. Majority of athletes during the season (year) accomplish to achieve the state of sport form, but only the minority of them achieve it at the right time – during the most important competitions of the season. Unfortunately, some athletes do not achieve either situation, so according to competition point of view, it is a lost year. Exception to this is when elite athletes who purposely set their year training plan and competition calendar, to allow rest and recovery after multi-year hard training and competitions.

One of the main reasons is that the factors affecting the formation of the sport form of middle-distance runners during the annual preparatory period and its stable maintenance during the competitions are almost not taken into account. After an athlete gets into the sport form, he or she has to maintain it during the competitions

and achieve sports achievements. The sport form is a process of continuous improvement of all qualities, qualifications, skills that show readiness to achieve success in sports. The study and analysis of the factors affecting the sport form will serve to create ample opportunities to show the maximum level of preparation achieved by the athletes during the competition cycles and to maintain the sport form in a stable manner.




During the study and analysis of scientific and methodological literature on the topic of the research, it was found that the information on sport form was given in general, but the advantages of studying and analyzing the factors affecting sport form were not deeply emphasized. An athlete who is in top sport form is capable of performing technical and tactical actions at a high-speed during training and competitions. The study and analysis of the factors affecting the sport form during the annual preparatory period of middle-distance runners, the systematic formation of their composition and the development of effective ways to eliminate their harmful aspects and their use in training are one of the urgent issues.

**MATERIALSAND METHODS**

The aim of the research is the study and analysis of the factors affecting the stable maintenance of the sport form of middle-distance runners during the competition period of the annual preparatory period by conducting a questionnaire, as well as the following methods were used in the implementation of the research:

- pedagogical observation;
- interviews;
- analysis of scientific and methodological literatures on the subject;
- mathematical and statistical methods;
- surveys.

In terms of objectives of the research, they are the followings:

study and analysis of scientific-methodological literature on the factors affecting the stable maintenance of the sport form of middle-distance runners during competition;

conducting a special questionnaire and analyzing the results of the factors affecting the stability of the sport form of middle-distance runners during the competition;

development of practical recommendations for maintaining the sport form of middle-distance runners during competitions.

**RESULT AND DISCUSSION**

It is of paramount importance to maintain the sport form during the competition period of the annual preparatory training, and to achieve high sports results for middle-distance runners. The duration and structure of training is determined by many factors, such as special characteristics of the sport and the main laws that make up sports skills, the need for the athlete to prepare for the competitions (Continental, World and Olympic) and the opportunities for individual adaptation of the athlete and the structure of preparation and the content of the training.

In connection with the stable maintenance of the sport form of middle-distance runners during the competition period, the data obtained by conducting a questionnaire with middle-distance runners during the national competitions were theoretically analyzed, and practical experiences were summarized.

The questionnaire developed for the research consisted of 15 questions, and they were followings:

1. How does a lot of participation in competitions according to the annual calendar of competitions affects the sport form?

2. What is the importance of skill and competence in maintaining sport form?

3. How does climate and weather conditions affect the stability of sport form?

4. What is the impact of injury and damage on maintaining a stable sport form?

5. What is the role of physical preparation in maintaining a stable form of sports during competitions?

6. How does technical-tactical preparation affect the stability of sport form in competitions?

7. How does psychological preparation affect the maintenance of sport form in competitions?

8. How does functional preparation affect the maintenance of sport form in competitions?

9. How does controlling the volume and intensity of training affect the maintenance of the stable sport form?

10. How does changing the tools and methods used in training affect the sport form?

11. How does the use of rest and recovery tools during and after training affect the achievement of the stable sport form?

12. How does monitoring the sport form through special tests during training periods affect the achievement of the stable sport form?

13. How do geographical zones and organizational issues affect the stability of sport form during competitions?

14. How does the development and implementation of a program aimed at improving the sport form of middle-distance runners affect the achievement of positive results?

15. How does doping and medical care affect the maintenance of sport form in

competitions?

To obtain accurate responses from middle-distance runners and fully address the research questions, one of the following four responses was assigned:

- Highly effective_____
- Moderately effective_____
- Less effective _____
- No effect _____







**ANALYSIS OF THE RESULTS OF A QUESTIONNAIRE CONDUCTED WITH 36 MIDDLE-DISTANCE RUNNERS**

*Table 1*

| **№** | **Questionnaire questions** | **Answer content** | |
|---|---|---|---|
| | How does a lot of participation in competitions according to the annual calendar of competitions affects the sport form? | Highly effective | 22 |
| | | Moderately effective | 6 |
| | | Less effective | 5 |

| | | | |
|---|---|---|---|
| 1 | | No effect | 3 |
| 2 | What is the importance of skill and competence in maintaining sport form? | Highly effective | 21 |
| | | Moderately effective | 7 |
| | | Less effective | 4 |
| | | No effect | 4 |
| 3 | How does climate and weather conditions affect the stability of sport form? | Highly effective | 26 |
| | | Moderately effective | 5 |
| | | Less effective | 3 |
| | | No effect | 2 |
| 4 | What is the impact of injury and damage on maintaining a stable sport form? | Highly effective | 30 |
| | | Moderately effective | 4 |
| | | Less effective | 2 |
| | | No effect | - |
| 5 | What is the role of physical preparation in maintaining a stable form of sports during competitions? | Highly effective | 34 |
| | | Moderately effective | 2 |
| | | Less effective | - |
| | | No effect | - |
| 6 | How does technical-tactical preparation affect the stability of sport form in competitions? | Highly effective | 30 |
| | | Moderately effective | 3 |
| | | Less effective | - |
| | | No effect | - |
| | | Highly effective | 28 |

| | | | |
|---|---|---|---|
| 7 | How does psychological preparation affect the maintenance of sport form in competitions? | Moderately effective | 3 |
| | | Less effective | - |
| | | No effect | - |
| 8 | How does functional preparation affect the maintenance of sport form in competitions? | Highly effective | 31 |
| | | Moderately effective | 4 |
| | | Less effective | 1 |
| | | No effect | - |
| 9 | How does controlling the volume and intensity of training affect the maintenance of the stable sport form? | Highly effective | 28 |
| | | Moderately effective | 5 |
| | | Less effective | 3 |
| | | No effect | - |
| 10 | How does changing the tools and methods used in training affect the sport form? | Highly effective | 24 |
| | | Moderately effective | 7 |
| | | Less effective | 5 |
| | | No effect | - |
| 11 | How does the use of rest and recovery tools during and after training affect the achievement of the stable sport form? | Highly effective | 28 |
| | | Moderately effective | 4 |
| | | Less effective | 4 |
| | | No effect | - |
| 12 | How does monitoring the sport form through special tests during training periods affect the achievement of the stable sport form? | Highly effective | 22 |
| | | Moderately effective | 8 |
| | | Less effective | 6 |

| | | | |
|---|---|---|---|
| | | No effect | - |
| 13 | How do geographical zones and organizational issues affect the stability of sport form during competitions? | Highly effective | 23 |
| | | Moderately effective | 9 |
| | | Less effective | 4 |
| | | No effect | - |
| 14 | How does the development and implementation of a program aimed at improving the sport form of middle-distance runners affect the achievement of positive results? | Highly effective | 26 |
| | | Moderately effective | 4 |
| | | Less effective | 6 |
| | | No effect | - |
| 15 | How does doping and medical care affect the maintenance of sport form in competitions? | Highly effective | 25 |
| | | Moderately effective | 7 |
| | | Less effective | 4 |
| | | No effect | - |




Dear athletes! Your answer will help us move our research in the right direction!

1. To the question of how does a lot of participation in competitions according to the annual calendar of competitions affects the sport form, 22 athletes` responses – highly effective, 6 athletes` responses – moderately effective, 5 athletes` responses – less effective, and 3 athletes` responses – no effect.

2. To the question of what is the importance of skill and competence in maintaining sport form, 22 athletes` responses – highly effective, 7 athletes` responses – moderately effective, 4 athletes` responses – less effective, and 4 athletes` responses – no effect.

3. To the question of how does climate and weather conditions affect the stability of sport form, 26 athletes` responses – highly effective, 5 athletes` responses – moderately effective, 3 athletes` responses – less effective, and 2 athletes` responses – no effect.

4. To the question of what is the impact of injury and damage on maintaining a stable sport form, 30 athletes` responses – highly effective, 4 athletes` responses – moderately effective, 3 athletes` responses – less effective, and the response option "no effect" was not selected.

5. To the question of what is the role of physical preparation in maintaining a stable form of sports during competitions, 34 athletes` responses – highly effective, 2 athletes` responses – moderately effective, the response options “less effective” and "noeffect"werenotselected.

6. To the question of how does technical-tactical preparation affect the stability of sport form in competitions, 33 athletes` responses – highly effective, 3 athletes` responses – moderately effective, the response options “less effective” and "no effect" were not selected.

7. To the question of how does psychological preparation affect the maintenance of sport form in competitions, 28 athletes` responses – highly effective, 6 athletes` responses – moderately effective, 2 athletes` responses – less effective, but the response option "no effect" was not selected.

8. To the question of how does functional preparation affect the maintenance of sport form in competitions, 31 athletes` responses – highly effective, 4 athletes` responses – moderately effective, 1 athletes` response – less effective, the response option"noeffect"wasnotselected.

9. To the question of how does controlling the volume and intensity of training affect the maintenance of the stable sport form, 28 athletes` responses – highly effective, 5 athletes` responses – moderately effective, 3 athletes` response – less effective, and the response option "no effect" was not selected.

10. To the question of how does changing the tools and methods used in training affect the sport form, 24 athletes` responses – highly effective, 7 athletes` responses – moderately effective, 5 athletes` response – less effective, and the response option "no effect" was not selected.

11. To the question of how does the use of rest and recovery tools during and after training affect the achievement of the stable sport form, 28 athletes` responses – highly effective, 4 athletes` responses – moderately effective, 4 athletes` response – less effective, but the response option "no effect" was not selected.

12. To the question of how does monitoring the sport form through special tests during training periods affect the achievement of the stable sport form, 22 athletes` responses – highly effective, 8 athletes` responses – moderately effective, 6 athletes` response – less effective, and the response option "no effect" was not selected.

13. To the question of how do geographical zones and organizational issues affect the stability of sport form during competitions, 23 athletes` responses – highly effective, 9 athletes` responses – moderately effective, 4 athletes` response – less effective, but the response option "no effect" was not selected.

14. To the question of how does the development and implementation of a program aimed at improving the sport form of middle-distance runners affect the achievement of positive results, 26 athletes` responses – highly effective, 4 athletes` responses – moderately effective, 6 athletes` response – less effective, but the response option"noeffect"wasnotselected.

15. To the question of how does doping and medical care affect the maintenance of sport form in competitions, 25 athletes` responses – highly effective, 7 athletes` responses – moderately effective, 4 athletes` response – less effective, and the response option "no affect" was not selected.

Based on the information obtained from the conducted questionnaire, it was clear that most middle-distance runners do not have enough information about the factors affecting the stability of the sport form during the competition. To our views, continuous monitoring of the factors that affect the stability of the sport form of middle-distance runners during the annual preparatory training and competition is an effective approach to achieve a sustainable increase in the results of the athletes. Systematic analysis of the factors affecting the stable maintenance of the sport form of middle-distance runners during the competition period will play a crucial to lessen or eliminate their negative effects.

**CONCLUSION**

During the study and analysis of scientific-methodical literature, we found out that no pioneering researches were conducted by scientists on the factors affecting the stability of the sport form of middle-distance runners during the annual preparatory training and competition. When we analyzed the results of the research by using a mathematical-statistical method, it was confirmed by the results of the questionnaire that the negative effects of these factors could be eliminated by studying and analyzing the factors that affect the stability of the sport form of middle-distance runners during the competition.

In the study and analysis of the factors affecting the stability of the sport form of middle-distance runners during the competition and general physical preparation, it is highly recommended taking into account the characteristics of the sport and the individual capabilities of the athletes. Middle distance runners must undertake a variety of training types in order to develop the necessary qualities such as speed, efficiency and aerobic capacity.

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