

## PRE-COMPETITIVE TRAINING OF WOMEN IN RACE WALKING

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**Smurygina L.V.** *t.a. Professor,*

*Uzbek state university of physical culture and sport. Chirchik*

**Yafasova D.** *Master's student,*

*Uzbek state university of physical culture and sport. Chirchik*

**Shirieva S.I**

*Teacher Uzbek state university of physical culture and sport. Chirchik*

**Annotation:** *The article presents a comparative analysis of the training and the results of the competitions of the best athlete from Uzbekistan and the Ecuadorian athlete.*

**Key words:** *Physical training, competition results, dynamics of results, pre-competition preparation*

Race walking is a cyclical movement of a person, where periods of single and double support alternate with the obligatory straightening of the supporting leg in the knee joint at the time of vertical passage. According to the rules of the race walking competitions, it is necessary: a) observe continuous contact with the ground, the foot brought forward must touch the ground before the foot left behind comes off the ground; b) when passing the vertical moment, the supporting leg must be straightened at least for one moment.

In order to keep up with world-class athletes, international competitions and training camps are held in our country, thereby it helps to share their experiences with other leading athletes. Also, athletes of Uzbekistan travel outside the country (to competitions or training camps) to prepare for upcoming starts in conditions of competition, weather conditions and exchange of knowledge in their sports area.

**Purpose of the work:** Optimization of the training process of women in race walking.

### **Tasks:**

1. Compare the pre-competitive training of foreign and Uzbek athletes in race walking.
2. To determine the main aspects of the pre-competitive training of athletes in race walking.
3. The results of the implementation of the experience of a foreign athlete in the preparation of a candidate for master of sports Yafasova Diana.

### **RESEARCH METHODS:**

To solve the tasks, the following research methods were used:

1. Analysis of scientific and methodological literature;
2. Pedagogical observations;
3. Pedagogical testing;

#### 4. Methods of mathematical statistics

**Organization of research** In this article, we compared the training process and pre-competitive preparation for the race walking of Ecuadorian track and field athlete Glenda Morejon and Diana Yafasova (Uzbekistan). The results of the athletes were taken from the sites [lincsports.ecu](http://lincsports.ecu) and [uzathletics.uz](http://uzathletics.uz).

We have determined that the pre-competition training, its tasks, means and planned loads should naturally proceed from the individual plan completed before, including preparation for other major starts.

Подготовка высококвалифицированных женщин ходоков к соревнованиям требует более продолжительного периода тренировок – это 6-8 недель и правильном построении средств восстановления (сон, баня, фармакология, физиотерапия), что также является одним из важнейших моментов в подготовке ходоков к стартам.

The purpose of the pre-competition preparation is to ensure the best sports form for the day of the main start. For race walkers, pre-competitive training can take place with a higher intensity than in general and special training, but with a decrease in the length of the traversed segments and their number. Along with this, for active recreation and maintaining general endurance and a special foundation, you can reduce the speed of progress and increase the duration of walking and running. Diana Yafasova's pre-competition training included preparation for the main start, which began three months before the competition. We divided the three months of preparation into three stages: 1) General preparatory stage (the volume is being recruited); 2) Special training (speed and interval training); 3) Pre-competitive training (a transitional form from the preparatory stage to the competitive one). Let's analyze each of these stages:

1. The general preparatory stage is one of the most important stages in the preparation of all athletes for the upcoming starts. With the right amount of mileage, walkers can perform at competitions and show stable results, since it is from the correct construction of loads with volume that the athlete's body will be trained, thereby it will provide endurance, which is necessary for all long-distance athletes.

2. Special training. This stage characterizes the volume drop (reduction of mileage in long passes and in crosses) and a gradual increase in intensive segments (400m, 800m, 1000m) and long accelerations (100m, 200m) in a short period of time (from 1min to 4min). Every week the number of repetitions is added. The stage lasts 1-1.5 months.

3. Pre-competition preparation - all the load done is reduced with the approach of the competition. The time reaches from the moment of completion of speed training to the competition itself – 1 week (warm-ups, acceleration, work on technical).

Preparation for the competition began six months (5-6 months) before the starts, having gained the right volume with the right load, you can perform at 2-3 starts, keeping a stable result. The winter training period is aimed at volume training (crosses, long passes, tempo segments), combining them with recovery training and days of complete rest. After a certain time, we move on to high-speed (interval) training. During this time, it is

necessary to gain speed endurance, because it is in the last kilometers of the distance that you have to add speed to support the tempo. As for the last final days (1 week) of training – the load is reduced and I do the last test work 4-5 days before the start.

Analysis of the results of Diana Yafasova showed that the athlete began competing in 2015, while showing the 3rd adult category. A year later, the athlete showed 1 adult category at a distance of 5 km on the highway. In 2017, the athlete completed 10 km on the highway with a result of 51:50, 3 seconds, while showing the candidate master of sport standard. In 2022, at a distance of 20 km across the stadium, she also fulfilled the candidate master of sport standard. At the moment, the athlete uses a foreign training system to perform the result at the master of sport level.

Table 1.

Analysis of the amount of training work performed and the results of race walking competitions shown over three years (2020y, 2021y, 2022y)  
Candidate master of sport Diana Yafasova

Year	Total volume (km)	Long passes, crosses (km)	Segments (km)	Distance (highway, stadium)	Name of competitions	Distance	The best result shown	Category
2020	3880	213	174	20 km r/w (highway)	Championship of Uzb in cross and r/w	1	2:12 :10	III
2021	4171	280	136	20 km r/w (highway)	Championship of Uzb in cross and r/w	1	1:54 :48	I
2022	4452	300	145	20 km r/w (stadium)	Uzbekistan cup competitions	2	1:49 :31	Candidate master of sport

The data in the table shows that the results improve with an increase in the amount of work performed for special endurance.

Table 2.

Analysis of the best results in 5 years by Glenda Morehon

Date	Distance	Name of competition	Country (city)	The best result shown	Place
26.0 8.2017	500 0 m	Championship of Ecuador	Ecuador, Cuenca	22:25 .16	1
25.0 8.2018	100 00 m	Open championship of Peru	Peru, Trujillo	44:12 .75	1
09.0 6.2019	20 km	European Team Race Walking Championship	Spain, La Coruna	1:25: 29	1
05.0 3.2023	35 km	World Race Walking Championships	Oman, Muscat	2:48: 33	1

Athlete Glenda Morejon, originally from Ecuador, the city of Ibarra, began to go in for track and field athletics at the age of 13. 4 years later, she was able to complete the 5000 m distance in a record time of 22:32.30, becoming the World Junior Champion in 2017. Subsequently, her results only grew along with the load and preparation for the competition. According to the source of the sports channel of Ecuador, her training consisted in the fact that Glenda spent most of her training in the middle mountains at an altitude of 1500 m above sea level in pre-competition preparation, doing long passes and segments, and recovery crosses and high-speed work at the stadium and on the highway, alternating them. As for strength training in gyms, the athlete was engaged only as a strengthening of muscles and individual areas of the knee joint and feet as a whole. It is worth noting that the transition to a new distance was not easy for Glenda, at the World Team Championship in Oman in 2022, the athlete performed for the first time at such a long distance – 35 km. The preparation was started a few months before the start, namely 7 months, participating in local championships – Glenda gained experience for such important competitions and prepared for a high result, because the distance of 20 km and 35 km have a big difference in the training of race walkers.

The entire training plan of the athlete was aimed at developing endurance in hot and dry weather, as well as at proper recovery after heavy and monotonous training, as well as

at improving technique and its rational use during prolonged walking. Morehon prepared perfectly for this World Team Championship and won gold at a distance of 35 km with a personal best of 2:48.33.

Table 3.

Comparison of the parameters of Glenda Morehon and Yafasova Diana

N	Name	Glenda Morehon	Yafasova Diana
1	Date of birth	30.05.2000	09.04.2001
2	Height	160 sm	160 sm
3	Weight	58 kg	62 kg
4	Step Length	100 sm	90-100 sm

Table 4

Comparative characteristics of the results of the athletes' competitions

N	Distance	Glenda Morehon	Yafasova Diana
1	5000 m	22:25.16	26:10.21
2	10000 m	44:12.75	52:11.08
3	10 km	43:04	51:50
4	20000 m	1:29:18	1:49:31
5	20 km	1:25:29	1:54:48
6	35 km	2:48:33	-

If we analyze Tables 1 and 5, we can compare all the criteria specified in Table 5 by the author Korolev G.I., then it is clear that the volume of special funds (in mileage) at the age of 20 years (4100-4500 km) corresponded to the mileage of Diana Yafasova (4171 km); the volume of funds of relative intensity according to Table 5 was 1800-2200 km, Diana Yafasova – 1369 – 431 km less; the number of trainings according to the book of Korolev G.I. - 550-600, Diana Yafasova – 516 (34 training sessions less) the number of hours spent in training - 1050-1200, Yafasova – 700, which shows a big difference (350 hours less); the number of competitions in the year should be at least 8 times, the number of competitions for Diana Yafasova in 2021 was 4.

Table 5

The main parameters of loads for groups (15-16 years) and groups of sports improvement (17-20 years) according to Korolev G.I. (2005).

Indicators	Girls		Girls		Women	
	15 years	16 years	17 years	18 years	19 years	20 years
Volume of special funds (km)	180 0-2200	270 0-3100	320 0-3600	360 0-3900	390 0-4100	41 00-4500

Volume of relative intensity funds	500-700	700-900	900-1200	1200-1600	1660-2000	1800-2200
Race walking (1 km for 4.35 and faster)	60-100	100-150	150-200	200-250	250-300	300-500
Amount of training	400-450	450-500	470-520	470-520	500-550	550-600
Amount of hours	640-730	710-800	830-910	850-930	960-1050	1050-1200
Amount of competitions	6-8	6-8	8-10	8-10	8-10	8-10

Our own research has shown that the total mileage corresponds to Korolev's indicators, but the results did not match in other criteria, such as the number of hours spent on training; the number of competitions is half as much as in the Korolev table. From this it is worth concluding that for stable results, more attention should be paid to general physical training and estimates (control), which will give more hours on the training itself, and also increase the amount of relative intensity funds (segments aimed at developing speed and high-speed endurance). It is necessary to participate more in sports walking competitions, thereby the athlete will gain more experience and get good performance.

### CONCLUSIONS

1. Based on the above tables (Tables 1, 2, 3), it can be seen that there are differences in the preparation and results of the athlete candidate for master of sports - Diana Yafasova from the world-class athlete - Glenda Morehon. One of the main factors of Glenda's preparation is that the training plan is drawn up in advance, since the dates of the upcoming competitions are known, thereby Morejon comes out prepared for all major starts; a certain cycle of pre-competitive training takes place in the middle mountains, which increases endurance and the ability to endure such a long and monotonous distance; as for the means of recovery of the Ecuadorian athlete, then after each hard workout, Glenda uses modern equipment (vibration massagers, hot tub, diadynamic currents, etc.); undergoes a professional examination in a sports clinic after each hard workout, according to which further workouts are built and an individual diet is compiled for heavy loads.

2. In the preparation of Diana Yafasova, some differences were revealed, for example, like Glenda's pre-competition preparation – it is built in advance, bringing out the peak of form at the definitely right moment, but it should be borne in mind that the competitions (republican level) for which the athlete has been preparing for a long time - can be postponed or in the worst case canceled and this gives a decline and fall in sports form that it is difficult to recover in a short time, training takes place at the stadium and on

the ground (highway), not including the middle mountains; recovery means are simple – it's sleep, massage, sauna and swimming pool, without using modern means of recovery (the same vibromassagers, hot tubs); the diet is not compiled by sports nutritionists, but by a coach.

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