CONCLUSIONS

The studying of a professional foreign language in the teaching and learning process develops the professional competencies and communication in foreign languages, but by reporting the strategies and individual learning, reception and production activities, typical of foreign languages, to the ones of the native language, a unitary conception of the functioning of the language as a primary element of communication is created.

Foreign language acquisition is necessary to the future sports specialist not only as a means of selecting scientific information but also as a means of communication (in exchange of experience, in international sports competitions and for personal contacts, etc.).

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Training of High Performance Marathon Runners in the Actual Preliminary Preparation Stage for Competitions of the Annual Training Macro-Cycle (Case Study)

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Abstract

This article examines the process of preparing for competitions of Prodius Roman, International Master of Sports, participant in the Olympic Games in Rio de Janeiro - 2017 in marathon trail (case study).

Keywords: actual preliminary preparation stage for competitions, training process, structuring, effort, marathon, runners, monitoring

Introduction

The spectacular increase of results in the marathon trial (42,195km), both male and female, requires the identification and implementation of methodological and practical-theoretical means in the training process, for further streamlining of the training process (Popov, 2007; Struganov, 2007; Konovalov, 2003).

Some specialists attribute this increase of performances to the intensification of training efforts (Razumovsky, 1993; Kulakov, 1995) and others – to the optimization of the training process structure (Poplawcki, 1988).

As a result of our observations organized on the training process of the Russian performance marathon runners, it has been found that the considerable increase of efforts intensity at the stages of special preparation for competitions is not always accompanied by checking and taking into account the functional potential of the body and the moment preparation of the runners body to perform the increased volumes of intensive efforts (Struganov, 2007).

Starting from the above mentioned, it can be concluded that, however, the performance of the athletes in the trials, in which resistance prevails, is predetermined by several factors which manifest themselves in complex, in our opinion, among them the most important are:

- Further improvement of the training system by improving the theoretical and methodological basis of athletes training;

- Application in the training system of the contemporary management technologies with the training process, based on the complex assessment of its slow, urgent and cumulative effects;

- Application of the means of complex management of the training system based on very consistent databases.

Aim of research. Improvement of the training system of performance-marathon runners by optimizing the structure and content of training efforts at the actual preparation stage for competitions (APPSFC).

Tasks of research.

1. Determining the structure, content and intensity of the efforts applied in the process of preparing the performance-marathon runners at the stage of the actual preliminary preparation for competitions (APPSFC);

2. Monitoring the heart rate of high performance marathon runners in the training process and competition (case study).

The following **methods** were applied in order to solve the research tasks: analysis and synthesis of specialized scientific and methodological literature; pedagogical observation; pedagogical control research; pedagogical experiment (case study); statistical and mathematical methods of data processing; graphical and tabular method.

The research was organized and carried out in three stages, as follows:

- I stage – 2013-2014 years, including the study of the data and professional literature according to the problem of runners preparation in resistance trials.

- II stage –2014-2015 years, conceptual marks of research were established; also, they were observed "alive" and through video recordings about methodology of preparing performance marathon runners;

- III stage – since 1 June 2015 till 1 June 2016 – the case study was realized with the performance athlete Prodius Roman, international Master of sport, where there were checked methodical means drafted for the period of the first two stages.

Analysing the distribution of training efforts based on running speed, it was found that for marathoners who were unable to realize their motor potential in competitions, the size of efforts, based on the intensity criterion, from the evaluation-control meso-cycle (ECM) and from the actual preliminary preparation stage for competitions (APPSFC), was identical. Therefore, after the completion of the ECM, in APPSFC, the structure of the efforts was not modified and had a developmental character (only on shorter distances than the marathon). Instead, the marathoners who have evolved successfully in APPSFC it has been seen the recording of the speed "corridor" of the specific training means, which has helped to increase the level of functional training.

Also, Konovalov (2003) found that the running speed range of the athletes who participated successfully was within the range of 5.0-5.0 m / s (3.20.09-3.02.09 / km), while in those who failed in achieving good performances, it was within the range of 5.5-6.0 m / s (3.02.09-2.47.09 km). In the opinion of the same author, the use of intensive efforts is only appropriate for high performance runners, which have results in running on the distance of 42,195km of 2: 10.00 sec. and higher.

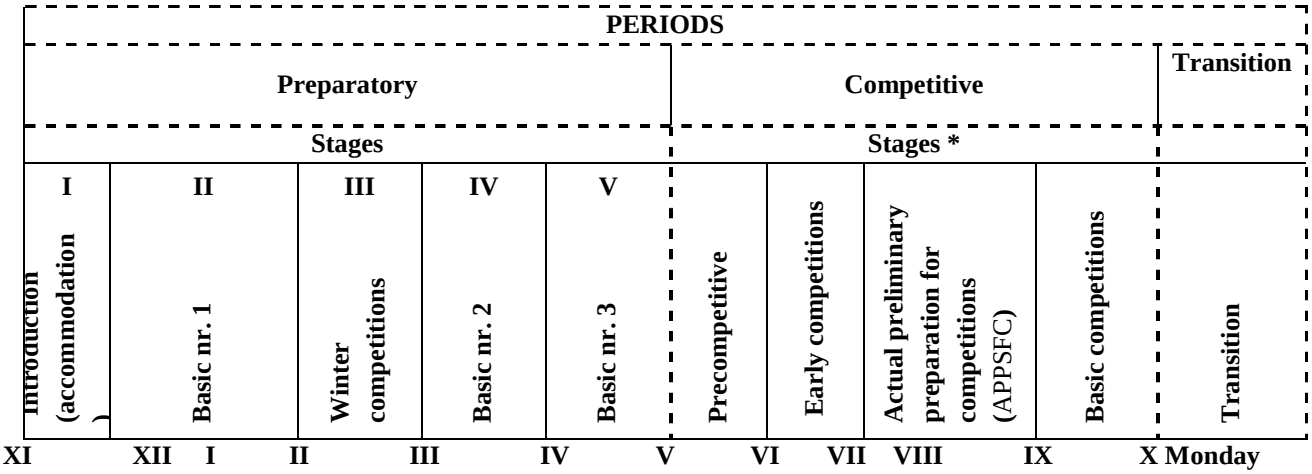
In our opinion, the excessive intensification of the training efforts at this stage is, first of all, a psychological and, secondly, pedagogical character, due to the insufficient knowledge of the efforts structuring strategy applied in APPSFC.

Konovalov (1986), analysing the training efforts of performance marathon runners, concluded that those met by the continuous method prevails, which is explained by the fact that this method develops the specific resistance for extra long-distance runners. In such a race, coordination of movements, the energetic and functional assurance of all body systems takes place against the continuous increase of fatigue, which is an essential factor for the psychological adaptation of the athlete for the competition.

Analysing the professional literature (Travin, 1980), as a result of the pedagogical observations, the conversations with the specialists of the field and on the basis of our own experience, we developed an approximate plan of the annual training cycle for marathon runners (Chart 1).

It was found that, along with coming of the start day, the "speed corridor" narrows due to the reduction of the running speed on short intervals (interval method) or increasing the speed on long intervals (continuous running method). Both in the first case, as well as in the second case, the running speed maximally reaches the average of the running speed of the competition (Chart 2).

Therefore, in APPSFC, the main goal of the coach and athlete must be directed towards complying as far as possible the average of competitive speed during their trainings.



*Note. - The course and situation of the competitive period stages may be different, depending on the athlete competitive timetable and goals.

Chart. 1. Approximate structure of the annual training cycle in marathon running

The more the intensity of the training efforts will be closer to the model of the average competitive speed, the effort will become more specialized, but its cumulative effect will be higher, but comparing them with the successful participation in competitions, it was found that nearly 9 out of 10 athletes used the option of efforts intensity dynamics, which predicted the narrowing of the "speed corridor" from the basic means in APPSFC.

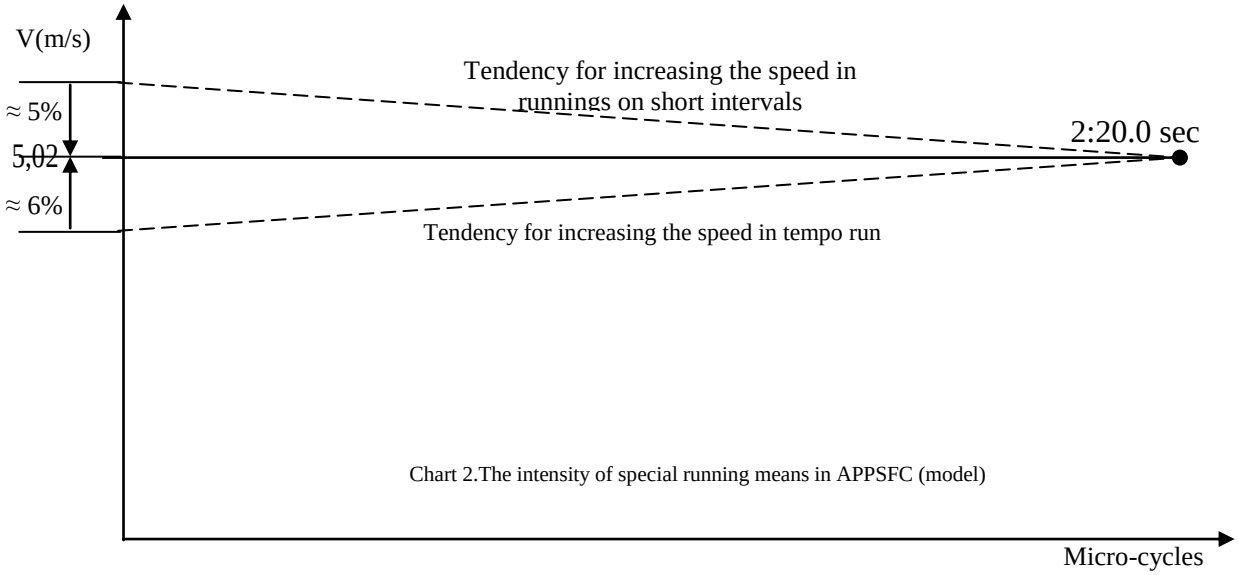


Chart 2.The intensity of special running means in APPSFC (model)

Another task of our study was to monitor the heart rate and efforts parameters in the training process as well as in the competitions. For this, the Garmin Forerunner 210 HRM monitoring system has been applied, which can set a number of cardiovascular system parameters based on five areas of effort, from the aerobic one and ending to anaerobic one.

Also, this device calculates the number of calories burned based on the pulse frequency, but also some volume and effort intensity parameters such as time and length of the travelled distance, running speed, stride frequency, ground gradient, with GPS, signalling in situations where the athlete "does not respect" the planned effort parameters in the device's memory for the achievement in the training process, in order to help him precisely respect and meet the volume, intensity and time programmed parameters. All data fixed by the device can be viewed on the computer screen or printed, making it easy to read.

This device is a real friend of the athlete, especially for those who practice the resistance runs, helping them to effectively manage the volume and intensity of the training in both in the education and training process, and during the competitions. It is obviously that this device cannot replace the coach, but comes to his aid and the athlete, so we recommend it to be used by the runners.

Next, on the Chart 3, we present an example of monitoring the training effort parameters, set by the marathon runner Prodius Roman, a participant in the Olympic Games in Rio de Janeiro- 2016, with this device that has become an inseparable friend both in the training process and in the competitions.

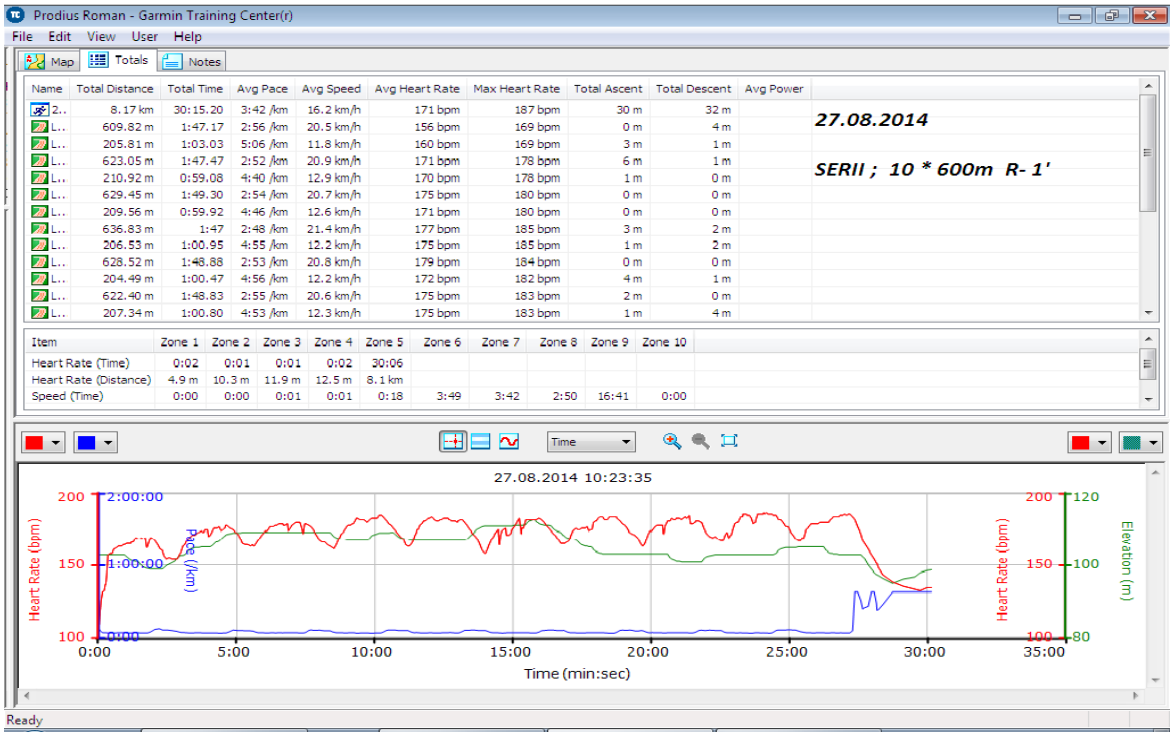


Chart 3. Monitoring the Garmin Forerunner 210 HRM training process by the athlete participating in the case study.

Conclusions

1. In the course of our research it was found that in APPSFC a very important role, in the process of dosing the efforts, has the average of running speed of the runner during the competition. Depending on this, the so-called individual "speed corridor" will be calculated, and then it will be taken into account when planning the running speed and intervals lengths.

2. The optimization of the training system in the marathon trial must be based on the principle of individualization, and it will have to be respected the more strictly, as the higher is the level of athlete qualification.

3. It has been found that the level of the athlete functional training is the key factor to achieve success in extra long-distance runs – it is about the capacities of the cardiovascular and respiratory systems, which can be trained and developed very much, due to the effort specifics achieved by the marathon runners.

4. Using the Garmin Forerunner 210HRV system, both in education and training process, and in the competitive one has substantially contributed to increase the efficiency of managing the training process, as well as helping in the process of planning the means of practice, their more effective structuring.

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Differentiated Physical Training Within The Framework Of A Yearly Training Cycle Of Young Defenders In Football

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Abstract

The main aim of this study was to find out the increase level of the differentiated special physical training for different age categories of footballers depending on their positions in the field, especially defenders. A complex test of special physical features has been performed in order to achieve this objective. Revaluation of the training process of children and juniors practicing football is a complex phenomenon that requires training solutions based on multiple information, experiments, research and studies. It has a number of features, mainly due to the peculiarities that are shown by different periods of their development. That's why the problem of differentiated physical training for 13-14 year-old footballers has been approached. The settled current major scientific issue in this area covers a differentiated approach to the development of the young footballers' specific physical qualities which will further optimize the educational process and enhance its effectiveness. Following the review of literature in the field, teachers' observations during the experiment, and relying on survey data, the following have been prioritized: the development of physical qualities specific to young players depending on their game positions, the ways of their manifestations, determining the specific differentiated physical training level in the course of one-year training cycle, which, in their turn, extend and complement the existing layout in the theory and methodology of sports training in football.

Keywords: football, junior, special physical training, differentiated training, player's field position in the game, defenders, young players

Introduction

The actuality and the importance of the approached problem is that the activity related to football gear during the game depends largely on the level of special physical preparation, which is the base of technical and tactical training manifestation.

In the recent decades, during which continuous improvements in physical training were made, the development of the football game has reached a new conception stage of this sport, which means that the game is organized and conducted on the basis of certain well explained ideas and attitudes ever more specialized and always masterful. In modern football, we can observe a varied content of the different compartments of sports training (physical, technical,