

## O'RTA MASOFAGA YUGURUVCHILARNING YILLIK TAYYORGARLIK SIKLIDABAHORGI-YOZGI MIKROSIKLLAR TUZILISHI



*Qurbonov Xurshid Xolliyevich*

*O'zbekiston davlat jismoniy tarbiya va sport  
universiteti katta o'qituvchisi:*

*O'zbekiston Chirchiq.*

*E-mail: [xurshidqurbonov747@gmail.com](mailto:xurshidqurbonov747@gmail.com)*

**Annotatsiya.** Mazkur maqolada o'rta masofaga yuguruvchilarning yillik tayyorgarlik siklida bahorgi-yozgi mikrosikllar tuzilishi tahlili bo'yicha olingan ma'lumotlar batafsil yoritib berilgan.

**Kalit so'zlar:** Yozgi musobaqalar davri, bahorgi-yozgi mikrosikllar, shiddatli mikrosikl, musobaqaoldi mikrosikl, tahlil, vositalar.

**Аннотация.** В статье подробно описаны данные, полученные при анализе структуры весенне-летних микроциклов в годичном подготовительном цикле бегунов на средние дистанции.

**Ключевые слова:** Летний соревновательный период, весенне-летние микроциклы, интенсивный микроцикл, анализ, средства.

**Annotation.** This article describes in detail the data obtained by analyzing the structure of spring-summer microcycles in the annual preparatory cycle of middle-distance runners.

**Key words:** Summer competitive period, spring-summer microcycles, intensive microcycle, analysis, facilities.

**Mavzuning dolzardligi.** Dunyo miqyosida yengil atletika sport turi bo'yicha musobaqalarda raqobatning geografik jihatdan kengayib yildan yilga musobaqa natijalarining o'sib borishi sportchilar tayyorlash tizimiga yangi texnologiya va samarali dasturlar asosida doimiy takomillashtirib borishni taqozo etmoqda. O'rta masofaga yugurish turida yuqori malakali sportchilarni tayyorlashda mashg'ulotlarini bosqichli tashkil etish va yuklamalarini oqilona rejalashtirish hamda boshqarishni zamonaviy tizimlarini yaratishni talab etmoqda.

O'rta masofaga yuguruvchilar sport formasining yillik tayyorgarlik mashg'ulotlari jarayonida tashkil topishiga hamda musobaqalar davrida barqaror ushlab turilishiga tasir etuvchi omillar deyarli hisobga olinmasligi asosiy sabablardan biri sanaladi. Sportchi sport formasiga kirib olingandan keyin, uni butun mas'uliyatli musobaqalar davomida saqlab turish va sport yutuqlariga erishishga aylantirish vazifasi paydo bo'ladi [1, 2].

Yuqori darajali mashqlangan xolatda (sport formasida) sportchi o'z faoliyatida jismoniy texnik va taktik natijalarning ma'lumotlarini sifatli foq ko'rsata oladi. O'rta masofaga yuguruvchilar yillik tayyorgarlik mashg'ulotlari jarayonida sport formasiga tasir etuvchi omillarni o'rganish va tahlil qilish natijasida, ularning zararli tomonlarini bartaraf etishning samarali yo'llarini ishlab chiqish hamda mashg'ulotlarda qo'llash, kechiktirib bo'lmas dolzarb masalalardan biri hisoblanadi [3, 4, 5].

**Tadqiqotning maqsadi.** O'rta masofaga yuguruvchilarning yillik tayyorgarlik siklida bahorgi-yozgi mikrosikllarni ishlab chiqish va tahlil qilishdan iborat.

**Tadqiqot ishining vazifalari:**

- o'rta masofaga yuguruvchilarning yillik tayyorgarlik siklida bahorgi-yozgi mikrosikllarni ishlab chiqish;
- o'rta masofaga yuguruvchilarning yillik tayyorgarlik siklida bahorgi-yozgi mikrosikllarni samaradorligini tahlil qilish.

**Tadqiqotni tashkil qilish uslublari.** Pedagogik kuzatuv, nazariy tahlil va umumlashtirish va matematik-statistik usullar qo'llanildi.

**Tadqiqot natijalari va muhokamasi.** O'rta masofaga yuguruvchilarning yillik tayyorgarlik siklida mikrosikllar tuzilishining bahorgi-yozgi tayyorgarlik bosqichlari uchun alohida ishlab chiqilib, yuklamalarni oqilona taqsimlanib tadqiqot jarayoniga tadbiq etilishi ushbu tadqiqotning samaradorligini asoslashda asosiy mazmunni ifoda etadi (1-jadvalga qarang).

1-jadval

O'rta masofaga yuguruvchilarning yillik tayyorgarlik siklida bahorgi-yozgi mikrosikllar tuzilishi  
III tayyorgarlik bosqichi

T/r	Mag'ulot davri	Dushanba	Seshanba	Chorshanba	Payshanba	Juma	Shanba	Yakshanba
1	Stabilash - tirilgan mikrosikl	Kross - 12-15 km. (150 zar/daq.). URM -10 daqiqa. Tezlikni rivojlantiruvchi mashqlar 30 daqiqa.	Sekin yugurish 3-5 km. URM -20 daqiqa. Maxsus yugurish mashqlari -0,5 km. Tezlikka yugurish -6x80 m. Yugurish. 4x1000 m. 4 daq. dam olish. (170 zar/daq.). Tezlik. 10x100 m.	Kross - 15 km. (150-140 zar/daq.). URM - 20 daq. Tezlikni rivojlantiruvchi mashqlar. Maxsus yugurish mashqlari -500 m.	Kross-8-10 km. (140 zar/daq.). O'yin -45 daq. Tiklovchi va rivojlantiruvchi mashqlar - 30 daqiqa. Oyoq mushaklarini mustahkamlash uchun maxsus egiluvchanlik mashqlari - 20 daqiqa.	Sekin yugurish -5 km. URM -15 daqiqa. Tezlikka yugurish. -5x100 m. 5x600 m (shiddat, maks 85%). 4 daq. dam olish. Maxsus yugurish mashqlari - 500 m. Sekin yugurish -1 km.	Kross -15-20 km. (150-160 zar/daq.). Tezlikni rivojlantiruvchi mashqlar- 30 daqiqa.	Dam olish
2	Yozgi musobaqa oldi mikrosikl	Sekin yugurish 3 km. URM va Maxsus yugurish mashqlari - 500 m. Tezlikka yugurish. 4x50 m. 2x1000+4x200 m. (170 zar/daq.). 4 daqiqa dam olish.	Kross 10-12 km. (140 zar/daq.). URM-20 daqiqa. Tiklovchi yugurish 800 m.	Yugurish. - 6-8 km. (160-170 zar/daq.). Maxsus yugurish mashqlari - 300 m. Tiklovchi va rivojlantiruvchi mashqlar -30 daqiqa.	Kross -5-6 km. (140 zar/daq.). URM - 10 daqiqa. Tiklovchi va rivojlantiruvchi mashqlar - 20 daqiqa. Oyoq mushak uchun maxsus egiluvchanlik mashqlari -20 daqiqa.	Sekin yugurish 3 km. URM-15 daqiqa. Maxsus yugurish mashqlari - 5x80 m. Tezlikka yugurish - 4x400/200 + +4x200/200 m (shidd.maks, 90%) 4 daqiqa dam olish. Sekin yugurish -1 km.	Kross -15-18 km. (150-160 zar/daq.) URM - 20 daqiqa.	Dam olish
3	Yozgi musobaqa mikrosikl	Sekin yugurish 3 km. URM - 20 daqiqa. Tezlik -4x80 m. 2x600 x3x200+400+ 200 (175/ daq.), shidd 90% maks. 4 daqiqa dam olish.	Kross. 10-12 km. (150 zar/ daq.). URM-20 daqiqa.	Kross - 8-10 km. (150 zar/daq.). Tezlikka yugurish 10x100 m. 4 daqiqa dam olish. URM - 20 daqiqa.	Sekin yugurish 5-6 km. URM-20 daqiqa. Tiklovchi yugurish 800 m.	Sekin yugurish 4 km. URM - 20 daqiqa. Maxsus yugurish mashqlari - 500 m - 200 m. Tezlikka yugurish- 8x70; 2x300 m. Musobaqa ritmida yugurish). 4 daqiqa dam olish.	Musobaqalar	Musobaqalar
4	Yengilash-tirilgan mikrosikl	Kross- 8-10 km. (150 zar/daq.). URM - 20 daqiqa. Maxsus yugurish mashqlari -300 m.	Kross -10-12 km. (160 zar/daq.). Sport, o'yinlari - 90 daqiqa.	Kross -12-15 km. (150 zar/daq.). Tiklovchi va rivojlantiruvchi mashqlar -20 daqiqa.	Maxsus yugurish mashqlari- 60 daqiqa. Tiklovchi va rivojlantiruvchi mashqlar - 20 daqiqa. Oyoq mushaklarini mustahkamlash uchun maxsus egiluvchanlik mashqlari - 20 daqiqa.	Sekin yugurish 12 km. URM - 20 daqiqa. Maxsus yugurish mashqlari - 500 m. Tezlikka yugurish -4x80 m.	Kross - 10-12 km. (140-150 zar/daq.). Tiklovchi va rivojlantiruvchi mashqlar - 30 daqiqa.	Musobaqalar
5	O'tish-kirish mikrosikl	Kross - 10-12 km. (140-150 zar/daq.). Tiklovchi va rivojlantiruvchi mashqlar -30 daqiqa.	Sport o'yinlari -90 daqiqa. URM - 20 daqiqa. Tiklovchi yugurish 800 m.	Dam olish.	Kross- 10-15 km (150 zar/daq). URM-10 daqiqa. Tiklovchi va rivojlantiruvchi mashqlar-20 daqiqa.	Maxsus mashqlar -90 daqiqa.	Kross - 15 km. (150 zar/daq.). URM - 20 daqiqa. Tiklovchi va rivojlantiruvchi mashqlar - 20 daqiqa.	Dam olish

O'rta masofaga yuguruvchilar yillik tayyorgarlik mashg'ulotlari uchun ishlab chiqilgan bahorgi-yozgi mikrosikllarini mashg'ulotlarda qo'llash orqali o'tkazilgan tadqiqotimizda aynan mashg'ulot jarayonida tayyorgarlik haftasi, tortuvchi, hajmli, rivojlantiruvchi, maxsus musobaqa oldi va qishki musobaqa tayyorgarlik mikrosikllari bo'yicha mashg'ulotlarda olib borildi hamda olingan ma'lumotlarni tahlil qilish va umumlashtirish, tadqiqotdan kutilgan samaradorlikka erishganligimizni asoslab bergan holda aniq xulosalar shakllanishiga xizmat qildi.

Xulosalar. O'rta masofaga yuguruvchilar yillik tayyorgarlik mashg'ulotlari bahorgi yozgi mikrosikllarini tizimli hamda bosqichli ishlab chiqilib, mashg'ulotlarga tadbiq etilishi asosida pedagogik tadqiqot natijalaridan kelib chiqib aytishimiz mumkinki, o'rta masofaga yuguruvchilar sport formasini yillik tayyorgarlik mashg'ulotlarining musobaqalar davrida barqaror ushlab turishda sport turining xususiyatlari va sportchilar malakasini hisobga olgan xolda yondashish tavsiya etiladi.

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