# DEVELOPMENT OF ENDURANCE OF TEENAGERS IN SPORTS SCHOOLS IN ATHLETICS

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**Annotation**
The article discusses the development of endurance of adolescents in athletics. Give students' qualities recommendations for the development of physical

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Endurance – plays a big role, and also occupies an important place in the life of every person. Maintaining high working capacity for a long period of time contributes to high efficiency of labor and mental activity. Endurance is the ability of a person to perform long–term work, of any orientation, in the absence of a special decrease in performance. The level of endurance is usually determined by time, which directly depends on the intensity of the load performed. Endurance will be higher if the work performed is longer and energy-intensive. Special endurance is the effective performance of work, and the ability to resist exhaustion in conditions that define specific activities. Also, endurance is of great importance to one degree or another when performing any physical activity. In some types of physical exercises, endurance shows exactly the athletic result (walking, running medium and long distances), in others it contributes to the best implementation of certain tactical actions (boxing, wrestling, outdoor and sports games, etc.); thirdly, it helps to withstand repeated short–term high loads and provides rapid recovery after work.

In the formation of special training, as well as a good sports result, the methodology of the development of special endurance, which takes into account a specific plan for the use of means and methods of training, the establishment of consistent aerobic work of any orientation, has an impact. In modern age physiology, biochemistry and morphology, most of the research data on some issues of endurance development in ontogenesis in connection with the age-sexual properties of the organism has been collected. Without a doubt, this age is also

suitable for the development of speed of movement. Nevertheless, it should be noted that in the concept of physical education, the problem of increasing endurance for sports purposes in children, adolescents, boys and girls has not yet been fully considered. To date, based on the opinions of leading experts, the problem of endurance development is the unavailability of choosing effective ways to develop this physical quality. Moreover, the study of methodological literature and analysis of practice confirms that there is a discrepancy between the requirements of training and competitive activities for the level of endurance development of young athletes and the use of little-perfected means and methods of endurance education during the training process in athletics.

Athletics is one of the most popular sports. A huge number of amateurs and professionals are engaged in various types of athletics. The popularity of this sport is explained by the fact that it does not require expensive equipment, special facilities for its organization. In this case, athletics is considered as the most commonly used running for recreational purposes. It forms a healthy lifestyle, promotes the organization of active leisure, the development of a common human culture, introduces the population to nature and its beneficial effects on people . At the same time, "Athletics" is a compulsory academic discipline in secondary schools, secondary and higher educational institutions. As a specialty, it is studied in higher educational institutions of a physical education profile. In this aspect, athletics includes various types of competitions characterized by special techniques for performing motor actions, as well as requiring special projectiles and equipment. The athletics content includes sports that are included in the Olympic Games program. At the same time, there are also athletics sports that are not Olympic, but in which various types of competitions are held. The concept of "endurance" has long been associated with the ability of a person to continue to perform activities more or less effectively despite the onset of fatigue . As you know, fatigue is usually called a temporary decrease in the level of operational efficiency caused by work. With a considerable duration, work begins from a certain point in the conditions of overcoming increasing internal difficulties and with increased mobilization of will, thanks to which it is possible to maintain the specified external parameters and the effectiveness of work (phase 14 of compensated fatigue); then, despite all efforts, the continuation of work is possible only with an increasingly significant decrease in the level of its qualitative and quantitative indicators (the phase of decompensated fatigue); finally, in extreme cases, work stops due to overwork. The ability to prevent its effectiveness from falling during a certain period of time, despite the onset of fatigue, as well as to continue it in the phase of decompensated fatigue with the least possible decrease in effectiveness depends on the degree of development of certain properties of the organism and personality. Accordingly, "endurance" in the most generalized sense means a set of individual properties that decisively determine his ability to

resist fatigue in the process of activity. In short, it is the ability to resist fatigue. Endurance, manifested mainly in motor activity, is often called "physical endurance" to distinguish it from other types of endurance. The state and degree of endurance development are judged by a number of general and particular indicators. Naturally, their choice depends on the characteristics of the activity in relation to which endurance is determined, but one of the parameters that must be taken into account is the time within which the activity is performed.

At the same time, in some cases, the time during which it is possible to perform it without reducing the specified level of efficiency, assessed by quantitative and qualitative criteria, is taken into account, in others — the maximum possible time to complete the work "to failure". In the practice of physical education, the integral external indicators of endurance are most often: in cyclic exercises aimed at overcoming the distance — the minimum time to overcome a given sufficiently long distance (for example, 1-2 km) or (much less often) the total length of the distance that can be overcome at a given time (for example, in the 12-minute "Cooper test" or in the "hour run"); in serially repeated exercises of acyclic and combined nature — the total number of repetitions (or the total number of movements) at a given time (for example, in 20-30 minutes. at the "maximum test" in the framework of "circular training"); in complex forms of motor activity, such as games and martial arts, the degree of preservation and change of motor activity over a specified time (taking into account the number of effective attacking and defensive actions during the periods of the game or fight, etc.). Together with all these indicators, others are usually taken into account, among them one of the common ones is the stability of technically correct performance of actions — the absence or minimum number of violations of technology in these conditions. In addition to evaluating such external indicators of endurance, in order to make an informed judgment about it, it is necessary to have data on the state of the functional capabilities of the body, which limit the duration of work in certain conditions. This kind of data is obtained using specialized methods for assessing individual endurance factors, in particular, physiological, biochemical, morphological, biomechanical. Endurance, manifested in a variety of complex forms of motor activity, is a complex multifactorial ability.

It is based, according to modern research data, mainly on such factors as: 1. personal-mental — primarily those that are characterized by the strength of motives and the stability of the attitude to the result of activity, the volitional qualities manifested in it, especially purposefulness, perseverance, endurance, the ability to endure; bioenergetic, determined by the volume the available energy resources of the body and the functional capabilities of its systems that ensure the exchange, production and recovery of energy in the process of work; factors of functional stability that allow maintaining the activity of the functional systems of the body at one level or another with unfavorable shifts in its internal environment caused by

work (an increase in oxygen debt, an increase in the concentration of lactic acid in the blood, etc.); factors of functional economy (justifiably economical expenditure of energy for work), technical coordination of actions and rational distribution of forces in the process of work, contributing to the efficient use of the body's energy resources .

For the education of special endurance athletes, such basic means are used as: special preparatory exercises, training forms of competitive exercises and actual competitive exercises. The activity of the exercises performed is planned similarly to the competitive one. High-speed segments with activity slightly exceeding competitive are widely used. If the duration of the exercises performed is small (up to 1-2 minutes), then the rest intervals between repetitions of these exercises can be shortened. Rest intervals should create an opportunity to perform a subsequent exercise against the background of fatigue after the previous exercise.

With longer exercises (from 3-4 minutes or more), the restorative rest between exercises can be complete, since in this case the training effect is provided by shifts occurring during the performance of each individual exercise, and not as a result of the cumulative effect of the entire set of exercises. If the pauses among the exercises are short (for example, incomplete and/or abbreviated), they should not be filled with any work, rest should be inactive. In full or extended rest intervals, it is necessary to engage in little intensive work, and carry out restorative, relaxing procedures. With the development of special endurance, it is necessary to fashion 39 competitive activities to one degree or another and adhere to the following instructions: the intervals between repetitions should be short, the total time of the series should be close to that occupied by the competitive distance, and the speed should be close to or even exceed the competitive distance. [11,14]. To increase aerobic capabilities in cyclical sports related to long distances, continuous and interval methods are used, where training work can be performed at a uniform or variable speed.

Methods and methodological techniques of special endurance athletes In order to develop special endurance are used:

1) methods of continuous exercise (uniform and variable);
2) methods of interval discontinuous exercise (interval and repeated);
3) competitive and game methods.

The uniform method depends on the continuity of a long-term mode of operation with uniform speed or effort. At the same time, the athlete strives to maintain that speed, the amount of effort, the amplitude of movements, that rhythm and a constant pace. All exercises can be performed with different intensity (low, medium and high). This method increases the ability to aerobic exercise. To achieve the desired acclimatization effect, the amount of training load should be at least 30-40 minutes. Poorly trained amateur athletes are not able to withstand such a load right away, which is why they are obliged to slowly increase the duration of training

work without increasing the intensity. After a 5-minute period of operation, a fixed level of oxygen use is set. By increasing the intensity of work (or the speed of movement), aerobic processes in the muscles are enhanced. The higher the speed, the more anaerobic processes are activated and the more the reactions of vegetative systems are embodied, and the level of oxygen use increases to 85-95% of the maximum, but still does not reach its "critical" values. This is quite stressful work for the body, which requires considerable effort in the activity of the cardiovascular and respiratory systems. The heart rate reaches 125-165 beats/min, the volume of pulmonary ventilation is 165-190 liters /min, systolic pressure increases to 185-200 mmHg in the first 2-3 minutes, and then stops in a stable position at about 140-150 mmHg.

By changing the intensity (speed of movement), they affect different components of aerobic capabilities. For example, slow running (at the speed of the anaerobic threshold) is used as a "basic" load for the development of aerobic abilities, recovery after more intense loads, and of course to maintain the previously achieved level of overall endurance. Such work is available to people of different ages and different levels of preparedness, and is usually performed within half an hour or an hour. For professionally applied physical training, this range of intensity of loads is the most extensive, since, by enhancing the development of aerobic abilities, it allows you to raise the functional capabilities of all functions and systems of the body, eliminating the physiological possibilities of insufficient oxygen content in tissues. Longer and increased loads for health purposes, people over 60 years of age should not be used in uncontrolled classes, since this requires careful professional control. By exceeding the intensity of the load, you exceed the contribution of anaerobic energy sources to the provision of work. However, the capabilities of the human body are limited to performing continuous uniform and intensive work. The operating time is more than 15 minutes.

Variable method. This method differs from the uniform method by a periodic change in the saturation of the work performed, characteristic of sports and outdoor games.

In light athletics, variable work is called "fartlek". In it, in addition to a long run, acceleration is also performed in different segments at a given speed. Such work is more typical for athletes running middle distances, where not only endurance is important, but also speed, as well as the ability to adjust from one pace to another. It noticeably increases the intensity of vegetative reactions of the body, gradually causing maximum activation of metabolism with simultaneous increase of anaerobic processes. At the same time, the body works in a mixed aerobic-anaerobic mode. In order not to break up the aerobic nature of the load, the variation of speeds or the set of exercises should not be large. The variable continuous method is necessary for the development of both special and general endurance in general and is indicated for physically well-prepared people. This method helps to develop aerobic

capabilities, the ability of the body to tolerate insufficient oxygen content that periodically occur during acceleration [3]. The interval method consists in the dosed repeated performance of exercises of more or less short duration (usually up to 60-120 seconds) through clearly defined rest intervals. This method is usually used to develop specific endurance for a particular job, and is widely used in sports training, especially by track and field athletes. By changing the parameters of the work performed, such as the frequency of its execution, the time during which the exercise is performed, the amount of rest intervals and the number of repetitions, it is possible to influence various components of endurance. In training, which is aimed at developing high-speed endurance, not a single repetition of high-intensity exercises (85-95% of the maximum) lasting 20-30 seconds is used. Usually several series of such exercises are performed with an average of 5 repetitions each with rest intervals from 1 to 3 minutes. Reducing the rest time between exercises is fruitless for solving the task in the process of professional training, due to the fact that the consequence is the activation of anaerobic glycolysis, rapid accumulation of lactate in working muscles and blood, a decrease in the power of exercises performed and the transition to aerobic-anaerobic loads.

If the tasks of developing anaerobic components of endurance are solved, then most often the duration of exercises is increased successively from 20-30 seconds and up to 1.5-2 minutes. If such exercises are performed with an intensity of up to 95% of the maximum and long rest intervals until full recovery, then the efficiency of work is aimed at improving the power of work. In professionally applied physical training, the duration of exercises 20-30 seconds with rest intervals of 5-7 minutes is most used to improve glycolytic power, although many other variations of the set of exercise parameters are used in sports training. Dosage: 3-5 repetitions of exercises in one series. In relation to fitness, they perform a certain number of series of regulated work. If there is an urgent need to improve the volume of anaerobic glycolysis, the rest time is reduced to 1-2 minutes. Such a mode of exercise depends on the maximum values of lactic acid accumulation, the limit values of oxygen "debt" and is a very difficult job. To acclimatize to it, the activity of performing exercises is increased step by step during training, starting from 70% of the speed level. Intervals of rest from 5 minutes are also reduced sequentially as fitness increases.

The chance of achieving game results in various ways, constant and sudden changes in game situations, dynamism and high emotionality of interactions – all this excludes the possibility of rigid programming of the content of exercises and precise regulation of the load in magnitude and direction. Pedagogical management has more complex and indirect forms here than in the methods of strictly regulated exercise. The game method, by virtue of all its inherent features, is used in the process of physical education not so much for initial movement training or selective influence on individual abilities, as for complex improvement of motor

activity in complicated conditions . The game method consists of movements, actions, tasks performed with educational, educational and training purposes in the form of a game conducted to increase loads, maintain interest in the course of the lesson. In the training groups of 1-2 years of study, various elements of sports games and sports games in different variants (a hand ball, a hand ball with two balls, rugby, football with various game tasks, etc.) are used, as well as outdoor games, which are used much less often than at the initial stage of preparation. They are used to solve the tasks of special sports training. Game methods allow solving not only the tasks of training, but also training and education of strong-willed qualities

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