

TYPES OF WEIGHTLIFTING TRAINING AND WEEKLY AND MONTHLY CYCLES

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Annotation: This thesis provides weightlifters with enough information about the requirements for athletes during training and the formation of weekly and monthly cycles.

Keywords: Sports, weightlifting, training, loading, plan, athlete, weight, cycle.

The growth of sports results largely depends on how well the training load is chosen. In weightlifting, training load is characterized by weight, volume, number of repetitions, number of exercises used, muscle activity regime, and some other factors. Weightlifting is a qualitative and quantitative aspect of the impact on the athlete's body. Therefore, the level of activity of the athlete's body often depends on the magnitude of the specific effect of the stimulus. Its quality is inseparable from its quantity and weight. The internal conditions of the athlete's body depend on the manifestation of general and specific abilities. In turn, muscle function, a characteristic of muscle tension, largely shapes the athlete's response to a particular stimulus. To create effective training plans, you need a number of load parameters that should be more complete: first, provide the necessary information about the scope and intensity of the training; second, the appropriateness of assessing training cycles with different durations for weightlifters of different weights and weight classes (otherwise no plan can be developed for the group); and third, planning should be simple and easy. Weightlifting is characterized by high intensity of muscle tension, complexity of coordination of movements and other factors. Load intensity is inextricably linked to weightlifting loads. Increasing the load intensity within optimal limits will lead to an improvement in sports results. However, in terms of load capacity, each athlete has his or her own optimal load intensity for a particular training period. Raising or lowering this threshold will have a negative impact on athletic performance. The optimal loading intensity is not stable. Based on the results of a study of this factor in highly qualified athletes, it can be considered appropriate to have a load intensity of 20-25% in training. While acknowledging the leading role of load intensity in strength training, athletes cannot be indifferent to other load factors at the same time. Otherwise, high-intensity training will not be as effective. In fact, the picture is different. In classical exercises, maximum lifting takes only 4-6% of the total load. Includes auxiliary exercises that make up 20-25% of the total training load. Occasional 1 to 6 lifts, that is, exercises performed by athletes with a maximum and low weight barbell that can be lifted from 1 to 5-6 times in one approach, are very effective. In sports, the amount of workload is the sum of the work done during a workout or a workout cycle, or the amount of time spent on a workout performed in a specific pattern and at certain intervals. In weightlifting, the total workload, or the sum of the weight gained in each workout during the week or month, is included in the load. For example, if an athlete lifts a bar weighing 100 kg 5 times in a row in one approach, the load performed by him is considered to be 500 kg. The load can be more accurately expressed in kilograms. In this case, the amount of weight lifted is multiplied by the height of the lift. It is easy to find the height of the barbell in different exercises, knowing the height of the athlete.

Workout planning has its own characteristics and depends not only on the specific workload, but also on the individual characteristics of the functional state of the athlete's body. Each athlete has its own characteristics in the performance of this or that task, and these characteristics are not constant, they vary depending on the growth of the athlete's condition, age, as well as many external and other internal factors.

Load capacity in weekly cycles. The most important task of the coach and the athlete in planning the load is to distribute the load rationally in a weekly cycle, which can be called the main. If errors are made in the distribution of load during the monthly training cycle, this is less reflected in the growth of results than in errors in the creation of individual weekly cycles.

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