

## STUDY OF THE TECHNOLOGY OF TYPES OF LONG - DISTANCE RUNNING

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**Annotation:** this article talks about the techniques of middle and long distance running

**Key words:** movement, high level of activity, physical maturation, jumping, running, walking, exercises

Physical education in Uzbekistan-put before the sports movement implementation of tasks healthy lifestyle among the population formation, strengthening the health of citizens of all ages, lead them to high physical maturation, every one of our sons and daughters comprehensive mature Education, Homeland protection and labor of young people helps to prepare at a high level of activity. Of our country system of Physical Culture in all of the above organizations widely accessible, with a wide range of sports particular attention is paid to dealing. Among other things, athletics sports some types of tour-walking, running, jumping and throwing exercises forms the basis of the programs of the physical culture system.

All that has been introduced in our republic with the sport of athletics stages of education, (preschool, general secondary education, school further education, secondary special vocational education, higher education and higher education post-domestic education), military units, volunteer sports many people in societies, state and non-governmental organizations are permanent engage in physical fitness and health strengthening. This kind of mass take on this kind of sport, first of all, it is his composition from the vital acts of action, in addition, it is special for mass participation in this sport not required and engaged in equipped sports facilities the geography is explained by its very wide range. Physical in those involved through athletics training qualities are developed, musculoskeletal system, cardiovascular system, the functioning of the respiratory organs improves as well as the departmental of a person qualities are brought up. Athletics practice practitioners its positive effect on the body is an important factor in its widespread distribution serves. Especially the types of walking and running are healthy in humans it is considered an important tool in the formation of a lifestyle. Health and physical fitness of representatives of different ages of the population introduced with the aim of bringing the levels under constant control The composition of the special tests” Alpomish “ and” Barchinoy " is also light most

forms of Athletics are included. The population in these special tests types of exercises, taking into account the established age categories and gender selected. Physical athletics athletes assessment of the level of training, to engage in this sport to encourage and organize competitions at a high level regulatory requirements are introduced depending on the qualifications of athletes. According to him those involved were only chosen by themselves in official competitions has categories in the order they are set according to the results they recorded from the species is. Athletics are the most popular sports today are included in the series. Cross country among the population in athletics, relay running competitions are constantly held in public. Among highly qualified athletes, the.

Calendar approved by the state committee for physical education and sports according to the plan, competitions are organized and held.

Beautiful also economical execution of running techniques types of running in all, it is the main factor in achieving a high result. It is known that the technique of running medium and long distances has its own according to its external signs, it is important to be able to run lightly and beautifully, as well as to strengthen the muscles of the alternation of running rhythm, such as tension or relaxation overlap all moves in a straight line between it is necessary to express compliance. Special features in the structure of the body, naturally, to the technique of running has an effect, which in every athlete when mastering the technique of running shows that it will be unique. Much more as a result of long training stable skills can be generated, including incorrect movements also become skills. Consequently engaged can do the running technique incorrectly and run in this position excessive energy and time consumption affect the result of sports. Hence for correct from the initial stage of teaching running it is advisable to pay attention to training in running movements. The technique of runners with different sports razors from the features inherent in their running style in comparison and analysis it is necessary to come up. Usually, when analyzing the running technique, the second step is either the action cycle is defined as the unit of action. Each cycle of the base it will consist of two periods and two stages of flight. In running time the duration of the base period in the movement of the legs is always flickering the period of action will be shorter than the duration, this is the flight stage arise as such.

The base period used to give the base of the land in pressure and power a sharp increase in the reaction of a runner over weight the total center of gravity (UOM) of the body faces vertical oscillations brings. This is a running technique, even if the swing is not very noticeable has its own effect on the breakdown. Movements in the joints along large arcs and at the required speed is done. Therefore, the effect of inertia is the action of muscle activity the interaction is fully manifested during running. From the point of view of the influence of external forces on advanced movement the base

period is the most important. So we run when we briefly analyze the technique of deviation of the torso medium and long oscillates between 70-80 at distances.

The position of keeping the torso straight while running. In running time maintaining the stability of the situation is considered an important element of the technique. We know that running it is by changing the balance of the body in each step goes. For this reason, the movements are in the posture as well as in the constant position of the head (running position) must hold correctly. The posture of the torso is correct (specific to each runner) creates the necessary conditions for the activity of muscles and internal organs. Middle and the deviation of the body in Long-Distance Running is between 70°-80° vibrates. Maintain the natural length of the steps in such a deviation position it's easier to get up. Excessive deviation reduces the length of the steps and the so-called " Falling run " brings the appearance to the surface, in which the rough and heavy landing on the ground is caused by the shaking foot hammer more backward drift is observed, with the number forward in time the rise becomes more difficult. On the contrary, an overly correct posture of the torso this causes the shoulders to slide back, which is usually when the.o.m.of vertical increases vibrations. Run in this case " Play " or CHIP throwing takes a running tone that cannot be called true either.

The angle of inclination of the torso, depending on the speed of running, is optimal must be at the level. Only then is the running technique disruptor it is possible to get rid of various aspects. Running is necessary in this balance, comfortable rhythm, muscle relaxation and tension in alternating performance < poem>. These are considered the main signs of rational technique.

During the run, the head is kept straight, the gaze is sewn forward 8-10 m must be. This allows you to keep your balance steady while running, to control the degree of deviation of the torso when the speed of running is increased helps. The activity of the hands corresponds to the occupied rhythm of the run be as well as light rotation around the vertical axis of the body compliance is necessary. The position of the arms (high, low) varies, it is imperative that the runner is comfortable for himself, he has a high shoulder belt it should act without straining.

The main factor in the technical skill of the runner is its physical quality (strength, speed, endurance). Parallel physical qualities with technical skill it is necessary to continuously improve. At the moment it should be said that, unlike the best runners abroad, many of us our runners take some stages of movement with the foot on the front support grounding, posture, head, tense arm position, flicker in a much coarser manner without sufficient relaxation in the action phase do. In our opinion, in the process of training in running techniques the so-called Gymnastics method, that is, running to running movements and training using jumping Gymnastics is always a benefit may not give. Hands towards the mirror when teaching hands to run performing his movement will help you a lot to master the running technique.

In the process of training, it is precisely in large quantities that jump and run exercises strength in the running technique of our athletes as a result of application features appeared, which is when they have little natural movement also affects.

Running and jumping when we teach running techniques we do not mind using Gymnastics as an additional tool, however, it is also impossible to take it as the main tool. Running and jumping gymnastics to eliminate errors in running technique it is necessary to serve as an additional tool, but each separately based on the characteristics of defects in the runner technique, they are advised to use sorted exercises. So, to teach the technique of running and make it to mention the following as the main means of improvement expedient:

1. Running at a sluggish pace with control over his movements.
2. Running with a gradual increase in speed (acceleration).
3. In the running technique of each individual runner running and jumping, which are selectively applied based on disadvantages the use of some exercises of gymnastics.
4. It is recommended to use imitation exercises.
5. Timely use of auxiliary exercises.
6. To correctly perform the movement of the hands and feet during the running process focus.
7. It is necessary to constantly support jumping exercises

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