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CONTENT, QUANTITY AND DISTRIBUTION OF LOADS IN MONTHLY MESOCYCLE AND WEEKLY MICROCYCLES

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Abstract
This article analyzes the structure of the amount of loads during the training and competition periods within the monthly mesocycle (by weeks) and weekly microcycles (between trainings).

Keywords: Mesocycle, microcycle, loads, distribution of training, sports training, intensity, volume, recovery, training plan, efficiency.

Introduction

Monthly mesocycle and weekly microcycles are important in planning sports training, as they allow for optimal control of the content, quantity and distribution of loads between trainings. While the mesocycle usually covers a period of one month and serves general training purposes, the microcycle determines the detailed structure of training sessions within a week. The content and volume of the loads are determined depending on the athlete's level of training, the competition calendar and individual characteristics. In this distribution, the intensity, volume and rest periods of training are coordinated, which ensures increasing the athlete's efficiency, preventing overload and achieving the desired results. This topic will cover the structure of the monthly mesocycle and weekly microcycles, the principles of planning loads and their practical significance.

M.P. Mikhailuk [1971] recommends a large volume of loads for the 1st, 2nd and 3rd weeks, and a reduction of the load volume by 20-30% for the 4th week.

A.I. Bozhko [1966] noted that the bulk of the load volume between weeks should be increased by the 4th week or fluctuated.

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A.I. Falameyev [1979] also approved the wave-like structure of the loads by weeks. He considers it appropriate to alternate small, medium and maximum loads. [273; pp. 36-43]. This type of recommendation was also approved by R.A. Roman [1986] based on his own experience. A group of authors in their research identified various options for the distribution of the volume of loads by week in the preparation month: 1; 2; 3-1; 1-3; 2-4; 4-24 Options for the distribution of loads in the competition month: 1; 2; 1-3; 3-1; These numbers indicate that the maximum volume of loads falls on this week of the month.

If the option is indicated by two numbers, then the first number indicates that the volume of the load falls on this week, and the second number indicates that the volume is slightly less.

A.S. Medvedev [1986] conducted an experiment in the preparation period of highly qualified athletes for the competition, planning 300 SHKS for the 1st week, 280 for the 2nd week, 220 for the 3rd week, and 100 SHKS for the 4th week and obtained positive results.

The author recommends using this plan in preparation for competitions.

A.V. Pakov [1978] mathematically analyzed the distribution of loads by week from the diaries of the XTSU N. Mukhamedyarov and determined the weekly ratios, namely, 1st week - 17.1%, 2nd week - 26.9%. 3rd week - 32.3%, 4th week - 23.7%.

A group of authors noted that large weekly loads should be about 31 + 38% of the total monthly loads, average weekly - 20 + 29%, small weekly loads - 15 + 18%, and in the last week of the competition month, small weekly loads - 11 + 14%.

When choosing the option of distributing loads into weekly cycles in the weightlifting textbook, the type of load (large, average, small) is taken into account.

If the athlete performed a large load in the last week of the previous month, then it is recommended to use the option 2; 3-1; 2-4; 4-2, if the load volume is medium or small, then any option is recommended.

Pedagogical observations were conducted during the training of the youth national team of Uzbekistan, and the level of distribution of the load volume in the monthly cycle by weeks was determined.

The author shows that in the preparation month, the training loads were in the form of options 1-3. In the competition month, they were in the form of option 2,

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the maximum loads were performed in the 2nd week, and in the 3rd and 4th weeks, the volume of loads gradually decreased. For example, in the 1st week - 25.2%, 2-28.6%, 3-23.5%, 4-22.7%. As can be seen from the above instructions, there is no single conclusion on the content and form of the distribution of weekly loads. In terms of content, 2 options were identified in the planning of weekly cycles. 1. Gradually increasing the volume of the load, 2. Changing the volume of the load in the form of jumps. The form of accounting for the volume measurements of relative loads was also divided into 2 options. Option 1 - as a percentage of the total volume for a month, option 2 - as a percentage of the maximum weekly volume.

From the results of these analyses, we came to the conclusion that the method of wave-like structure of weekly and interweek loads in the data written by the authors is rarely used in practice in weightlifting training.

Distribution of loads between sessions during the week.

N.I. Luchkin [1956] considers it advisable to divide the training load for 1 week into 3-4 training sessions and to structure the loads in the form of a curve and a step.

There are also ideas to structure the loads in the form of a dome. In this form, the loads decrease at the beginning and end of the week and increase suddenly in the middle.

A.V. Chernyak [1970] distributed the volume of the loads in percentages depending on the number of weekly training sessions. If 3 training sessions are held per week, 24%, 28%, 48% are recommended; if 4 training sessions are held, 15%, 22%, 28%, 35% are recommended; if 5 training sessions are held, 13%, 15%, 27%, 30% are recommended; if 6 training sessions are held, 11%, 11.11%, 19%, 22%, 26% are recommended.

A.V. Pakov [1985] determined the volume of training loads during the week of N. Mukhamedyarov of the State Technical University of the Kyrgyz Republic. The athlete conducted 7 training sessions during the week, the load in the 1st training session was -11.9%, in the 2nd training session - 14.6%, in the 3rd training session - 9.6%, in the 4th training session -16.6%, in the 5th training session - 13.6%, in the 6th training session - 20.4%, in the 7th training session - 14.6%.

He also conducted pedagogical observations at the training camps of the athletes of the youth national team of Uzbekistan. 412 SHKS were planned for 8 training

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sessions per week, the distribution of loads in the training sessions was 17.0%, 13.8%, 9.4%, 11.4%, 20.6%, 13.5%, 9.1%, 15.2%, and the increase in sports results was high. In this case, the change in training loads was in the form of jumps.

The weightlifting textbook states that the distribution of weekly loads may vary depending on the period and cycle, that is, it depends on the volume of the load and the number of training sessions. As a rule, the greater the number of training sessions in the weekly cycle, the greater the volume of weekly loads.

If 2 training sessions are held in one day, it is recommended to plan
55-65% of the load volume for morning training sessions, and 35-45% for evening training sessions.

In the morning, it is recommended to distribute weights at high intensity in DK, SK and DKSHBK exercises, and in the second training session, 100% and more in OT SKSHBK exercises.

Many studies have shown that starting training with an exercise that has a speed characteristic, followed by planning strength and endurance exercises, is very effective, and these methods are used in practice.

As can be seen from these data, it is possible to see that the opinions of experts on the confirmation of the volume of inter-training loads during the week are close to each other. It is recommended to take into account relative measurements, dividing them by the total volume in the weekly cycle or by the maximum volume in one training session. There are opinions on the organization of weekly training sessions in the form of waves, domes and jumps.

In our opinion, it is advisable to organize training for weightlifters in a wave-like form in percentage terms.

CONCLUSION

The content, volume and distribution of loads in the monthly mesocycle and weekly microcycles are of great importance in increasing the effectiveness of sports training. Research and practical experience show that the distribution of loads between weeks and between training sessions can be structured in the form of waves, jumps or domes, which depends on the individual characteristics of the athlete, the level of training and the competition calendar. In the distribution of the volume of loads by week in the monthly mesocycle, the maximum loads usually fall on the 2nd or 3rd week, and attention is paid to recovery in the 4th

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week. In the distribution of loads between training sessions in weekly microcycles, the relative measures of intensity and volume are planned depending on the number of training sessions and the physiological state of the athlete. According to the recommendations of the authors, a high increase in sports results can be achieved by distributing loads in percentages, optimizing the sequence of speed, strength and endurance exercises, and properly managing rest periods. Based on these analyses, a wave-shaped load distribution for weightlifters was found to be the most appropriate for athletes with a range of conditions. In the future, research should continue to further improve and individualize these methods.

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