

Modern Methods for Improving the Technique of Middle-Distance Runners

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Abstract: *This article covers some aspects of improving running technique in the training of middle-distance runners.*

Keywords: *technique, collection, dynamics, energy, economy, criterion, biomechanics.*

Introduction.

In the world, the issue of improving the technique of training middle-distance runners remains relevant. This issue is important not only for achieving high results, but also for maintaining the health of athletes and ensuring their long-term success. Running a medium distance is one of the most demanding sports, in which the athlete's technique, endurance, and tactics play an important role.

After Uzbekistan gained independence, athletics reached a new stage of development. A national team was formed and began participating in international competitions. Simultaneously, local competitions and championships in athletics were established in our country. Today, athletics has greatly developed in our country, and our athletes such as Olga Shukina, Svetlana Radzivil, and Ruslan Kurbanov are successfully participating in international competitions. The issue of further improving the achieved results and securing positions among winners and medalists in international competitions remains relevant.

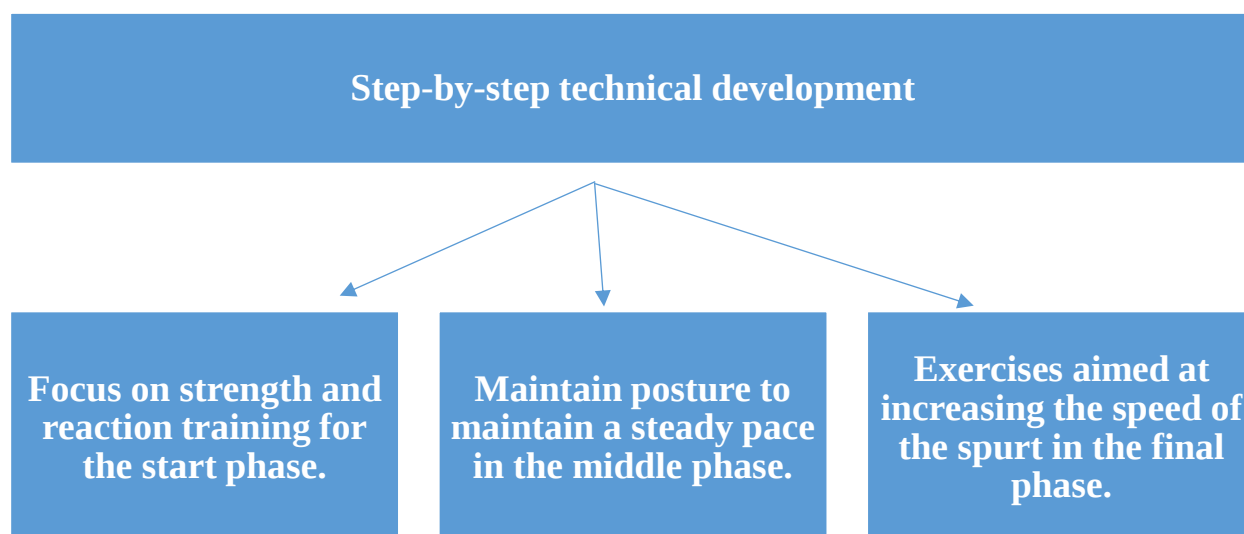
Literature review and methodology. Improving running technique is of great importance in training middle-distance runners, as this technique determines the athlete's speed, endurance, and overall effectiveness. The improvement of running technique in biomechanical research focuses on studying the dynamics of running mechanics. For instance, R.A. Schmidt (2023) emphasizes the importance of synchronization between leg and arm movements to ensure coordination of running phases, including foot strike, body posture, arm swing, and breathing techniques during running. Bosco and Vittori (1995) investigated the energy efficiency of vertical movements in running. The scientific and practical foundations for training middle-distance runners are elaborated in the research works of Thomas Haugen, Øyvind Sandbakk, Eystein Enoksen, Stephen Seiler, and Espen Tønnessen (2021). Additionally, the criteria for evaluating the performance and effectiveness of middle-distance runners are highlighted in the research works of Kh. Kh. Kurbonov (2023).

Discussion.

The gradual development of middle-distance runners' technique is crucial for improving their results and preventing injuries. The gradual improvement of running technique allows the athlete to save energy and increase the effectiveness of movement.

The correct technique optimizes the athlete's pace, which increases speed and slows down fatigue, while energy saving ensures high results in the final stages of the competition.

Recommendations for the phased development of technology:



Conclusion. Improving the technique of training middle-distance runners is a multifaceted process that includes biomechanical, physiological, and psychological factors. Analysis of the literature shows that the application of modern approaches and technologies contributes to a significant improvement in athletes' results. This also requires the development of innovative training methods in this field in the future.

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