

TRAINING ENDURANCE, PHYSICAL QUALITY OF CYCLIST CULTIVATION OF ENDURANCE AND PHYSICAL QUALITIES OF A CYCLIST

*Tursinov Bekzad, Ametov Salauat,
Karakalpak State University, 2nd year master's degree,
Department of Physical Culture*

Summary: the history of the cycling sport, the historical basis of its origin, the attention paid to the cycling sport in our country, the requirements for improving the physical qualities of cyclists, methods of improving their physical training, shock, flexibility, power distribution and victory in competitions. General concepts about the actions to be taken during the acquisition are given. The opinions in the article are scientifically based and commented in the prescribed order.

Keywords: Cycling sport, attention to cycling sport in our country, equipment that does not pollute the air, physical qualities of cyclists, strength, agility, flexibility, training of cyclists.

When you think of a bicycle, everyone thinks of a two-wheeled, light, fast-moving machine. There should not be a person who does not enjoy the speed of riding a bicycle at least once in his life. Now everyone's dreams were like this. Mine is just a bicycle! We will answer the first question. The reason is that from the beginning of time, people have been fighting with the dream of improving their relationship and getting closer. In the middle ages, the idea of creating the technique of moving on wheels appeared in the middle ages. Strollers with 2, 3 or 4 wheels, which are propelled by human body, appeared in Russia, France, England and other countries at the same time. In the past, such carts were called velospheres, and the people who moved them were called bicycles. Many engineers have been trying to invent the bicycle for months, and many of the ideas that have been developed over the years have had a small impact on the development of the bicycle.

The first bicycle-like drawings were created by Leonardo da Vinci, a great scientist of the 16th century. In 1800-1801, the Ural burlak E.M. Artamonov invented the world's first two-wheeled bicycle called "samokat" (just a jury). E.M. Artamonov's scooter was made of iron and weighed more than 40 kg. The bike he bought was big, the bike he bought was small, and the bike he bought had a crank and pedals. This bicycle, which was taken by a horse, has a steering wheel, and its height is 1.5 meters. [3,7]

On June 12, 1812, in the castle of Munich, Germany, Professor von Dreiser invented the "Laufmaschine" and announced it to the public. The word "Laufmaschine"

meant running machine. It was one of the first prototypes of the bicycle. There are two wheels, the seat is also a steering wheel, but there is a pedal and the wheels are turned by the feet, similar to the current car. If this type of transport became popular among the people, well-known companies would start producing "Laufmachines".

The word "bicycle" was used to refer to the bicycle that was removed from the ground after the operation of the French scientist Joseph Nisofer. The first bicycles, similar to modern bicycles, were invented in 1884 by the English inventor John Kemp Starley. Bicycles came out of the blue and became popular among the people. [4,3]

Along with the popularity of the bicycle among the people, this mode of transportation began to take shape as a sport. In other words, the sport "Veloport" was born. Bicycle sports - track, highway, downhill, figure skating, veloball, and velopolo competitions appeared in Europe in the 1860s. Despite its popularity, cycling was included in the 1st Olympic Games held in Athens, Greece in 1896. In 1893, this sport was moved from the track, from 1921, from the road, from 1929, from the buildings, from 1950, from the cross-country world championships. 152 countries are members of the International Cyclists' Union (UCI; founded 1900 years ago).

In Uzbekistan, this type of sport has gained a little development after the neutrality. In 1997, the Cycling Sports Federation of Uzbekistan was reorganized. 6 national intermediate sports masters have been trained in the sport of mountain biking. Grew up in Uzbekistan, M.Kolyushee, Sh. Zakhridinov, A. Jamoliddinov. F. Galiullina was also the winner of the world championships. [4,7]

Respected President Sh.M.Mirziyoyev's opinion that "Today, the effectiveness of the processes of sports promotion is closely related to the tasks of the development of Uzbekistan, we need to act responsibly" was standing. A number of legal-normative documents have been published in connection with the promotion of cycling as a sport. By the way, according to the decision of the President of the Republic of Uzbekistan dated September 24, 2021, "On comprehensive activities related to the promotion of cycling" numbered PQ-5251, a number of tasks related to the promotion of cycling in our republic were defined. According to this decision, the development of cycling departments in sports schools and colleges of Olympic reserves in our republic, provision of daily meals for them, the participation of athletes in the Olympic, Paralympic, Asian and Paralympic months of all types of cycling, and the development of the major cycling sport in the Republic of Uzbekistan were determined. In addition, according to this decision, in accordance with the resolution of the General Assembly of the United Nations on April 12, 2018, June 3 was declared "World Bicycle Day", including various layers of the population throughout the republic. In this case, it is decided to introduce bicycle marathons at intervals of not less than 15-20 kilometers. We fully understand the importance of our government to the cycling sport, and the duties of promoting the sport, knowing the other tasks defined in this resolution.

Bicycle sports provide opportunities for the development of physical qualities: speed, strength, agility, and endurance. It was impossible to achieve any kind of excellence in cycling without the development of the qualities mentioned in it. A special bicycle track (velotrack) is suitable for the material and technical base of the bicycle, providing information on the location, construction, and maintenance of the bicycle (technical equipment), and the technical knowledge of the cyclist is gradually improved. [2,3]

Physical (movement) skills mean individual movements of a person's ability to move. The level of development of cyclists is determined not only by physical abilities, but also by the level of development of mental and especially intellectual abilities. Physical skills should be developed at the same time every training. Physicality (movement) is related to the typological features of the nervous system in terms of natural ability (immobility, movement, immobility).

The physical training of cyclists is considered a process of training physical skills. Each type of cycling has its own requirements for the level of physical fitness of the athlete. The level of physical fitness of cyclists gives a clear opportunity to demarcate the possibilities of the future of the sport, as well as the differences between the performance of the competition. The requirements for the level of physical preparation of the cyclist are determined, and the methodical instructions of the process of physical preparation of the cyclist are determined. [5.36]

A sign of patience. Patience is a profession, sports practice (in veposport) is practiced in everyday life as a physical activity. In the theory of physical education, endurance is defined as the ability of the body to withstand the wear and tear of a person's working energy over a long period of time.

Endurance is a multi-functional property of the human body that unites it at different levels of the organism: from the cell to the processes that take place in the whole organism. However, according to the results of modern scientific researches, the energetic systems of the endurance of cyclists, which are responsible for the energy intake, are the vegetative systems, the nervous system, the cardiovascular system, the respiratory system, and so on. The practice requires a lot of patience: it's always a special tour. Ultimate endurance means the collection of the functional ability of the organism to determine the ability to replace it in the average diet. Various methods were used for the development of endurance, which can be divided into several groups: continuous, integral, and number-theoretical methods. Each method has its own characteristics.

Interval-repetition method (a type of recovery method) - break the exercises into sections, perform short-time work at a medium speed, perform strictly defined intervals, in which, as a rest interval, you move as fast as a bicycle. This season's sports tour (cycling, skiing, etc.) has been decided.

The concept of speed capability. Speed - this person is able to move quickly in a short period of time under different conditions. If the effect continues for a long time, it is considered a failure if there is no clear action to be taken in response to the sudden signal. The response time to the alarm was measured by the time the alarm was given and the actions taken during the response period. This time is determined by the following: the awakening of the receptors, the speed of sending pulses to the sensors; speed of response to signals in the central nervous system; speed of response to the signal; the speed of sending a signal to start movements; the speed of movement in the executive organ (muscles). In most cases, it is not necessary to respond to a signal from a sportsman, but in some cases (sports events, wrestling, athletics, cycling, etc.), it is required to respond to a signal, and in other cases, it is necessary to respond to a signal. Like a hammer, it increases the time to respond to this signal.

The comfort of strength. Courage is a sign of resistance to the outside world due to the shortness of a person. Physical fitness is considered the most important quality in almost all sports. After all, sportsmen attach great importance to its development. During sports or professional activities involving holding, lifting, and lowering heavy loads, the muscles overcome the resistance and shorten or become shorter. Such a situation is called a winner.

It is possible to increase the length of a certain resistance, especially when heavy meat is being weighed.

In this case, their work is called conciliator. That's why these two regimes are called dynamic power with the same name.

As a result of the strain, the sustained contraction of the muscles under the influence of the muscle of the back is called isotonic. This mode comes to the screen when the power-on (power-on) keys are installed. The speed of movement of body parts on exercise machines is called isokinetic mode (on exercise bikes). If the movements are performed without the use of force by the athlete, and without changing the length of the muscles, in this case, a stable regime is established. Such a force is called static force. There is a negative proportional relationship between strength and muscle contraction speed.

This quality is related to the management of stress in various regimes, including mental mechanisms:

- isometric - stretching of the length of the muscles;
- myometric - shortening of muscle length;
- plyometric - increasing the length of the hamstring when it is adjusted.

This mode is related to sitting and riding a bicycle.

Human strength is divided into pedagogically valuable types: maximum isometricity (sustainable force, the strength of a strong force during a specific period of time), as well as dynamism (the strength of a vertical movement). The speed of the

movement was not of practical importance. "Explosion" is the ability of the muscles to overcome the maximum resistance without tension in a short period of time. In such a situation, the speed of the movement was similar, and the fuel became an integral part of itself.

Explosive power in sports is measured in various movements and is called differently: jump (when pushing off the ground), tension (when turning), amortization is explained by the development of effort based on different types of jumps, when working in the short-time work mode. Endurance is measured by the amount of effort needed to move for a long period of time.

In dynamic exercise, we distinguish between hard endurance and steady endurance (keeping the body in a low-motion state, etc.).

In the next period, another one of the cropping patterns developed, i.e., the ability to switch from one regime to another cropping regime while maintaining the resulting crop stress. For this purpose, specially prepared trainings are needed.

According to his method, all the tasks that contribute to the development of his subordinates are divided into the following categories:

Not only in general, but also local effects in sections. In addition to the 2/3 part of the volume of the total volume, instead of 1/3 part of the total volume, 1/3 part of the 1/3 part of the local part is included in the local part.

The impact of the effort (force) is determined by the following:

- the type of exercises depends on the core;
- with the size of the resistance, if the difference is not made;
- by the number of students;
- with the speed of performing aggressive or aggressive actions;
- with the possibility of replacing the bones;
- with the length of rest time between attempts.

In place of relatively small resistance movements, a speedy force appeared. Due to the development of high speed, heavy jumps are performed. The exercises are repeated in different intervals (2-3 intervals, 3-4 minutes of rest in between, and 6-8 minutes of rest in between).

The meaning of kindness. Improvement in physical education is the creation of opportunities for the movement of body joints, and it is described as a functional characteristic of the human locomotor apparatus.

There are two forms of improvement: active improvement, which is evaluated by the length and size of the movements, instead of the individual effort; Passive improvement of back strength in the maximum range of motion, problem partner, or weight gain.

A greater amplitude of movement is achieved in the exercises focused on improvement than in the active exercises. The inseparable reserve between active and passive losses is called "improvement reserve".

As a result, all major improvements have been allocated to special improvements. The improvement of the size of the movement of all the joints of the body makes it possible to carry out movements with a large amplitude. Special improvement was the biggest movement in recent years, and the results of sports and professional business were determined.

The exercises aimed at developing the aspiration are used instead of various movements such as flexion, bending, twisting, rotation, and movement. Such exercises can be performed on a bench or with a partner, with dumbbells or with trainers, with gymnastic sticks or with a rope.

A little bit of exercise helps promote active recovery. One of the ways to promote improvement has been found to be highly competitive.

The maximum possible range of motion is calculated as a measure of improvement. It is possible to take centimeter as unit of weight and degree of measurement.

Ability to coordinate movement. The degree of motor-coordination ability of the cyclist: the sensory/sensory-muscular function between the muscles was found. In accordance with the conditions of the opening of the movement tasks, it is possible to restore the activity of the movement, to improve the accuracy of repeating the phase measurements, to maintain the balance of the body (the body is at rest and to maintain the balance of the movement).

The concept of agility. Agility is a complex quality, and good coordination is explained by the accuracy of movement.

Agility is the ability to accurately reconstruct the movement according to the requirements of the changing situation. To a certain degree, squeamishness is congenital, but it can be developed to a significant degree with the help of injuries. General and special anxiety are separated and corrected. There is no clear connection between the different types of anxiety. In the end, even then, it is said that there is an attribute of slyness. It is possible to have a lot of speed in the mountains, and in cycling, this ability can be demonstrated. In the end, he was able to achieve this goal by combining it with a specific sport.

At the same time, in order to promote the game, the following methods were used: the usual exercises were performed in a non-standard form (basketball shoes were designed in a non-standard form); Do your exercises by looking in the mirror (boxing in an awkward position); Special projectiles were also used, and they were broken, thus creating an unusual situation (projectiles of all types of weight); making the conditions more difficult instead of the usual ones; change the speed of the movement; Change of the boundaries of the small area (decreasing the boundaries, etc.).

There is a slight correlation between the physical characteristics. During the early stages of development, the development of one of the physical characteristics led to the development of others. However, in the future, the development of these qualities stopped. The exercises that previously affected the development of all physical characteristics began to affect only the differences in the body. It is possible to have a slightly unpleasant effect between the small branches of the tree. For example, at the same time, the tasks aimed at achieving the maximum performance (marathon) and endurance (running, marathon) conflicted with each other. However, it is necessary to take into account the possibility of the development of one of the physical characteristics at the highest level and the development of the rest at a certain level.

In conclusion, in today's article, we will focus on the sport of cycling, the history of its development, the development of cycling in Uzbekistan, the development of endurance, physical fitness, strength, and improvement of cycling in Uzbekistan. Cycling is a seasonal sport, highway, track, mountain bike, BMX, velotrial, figure skating and even sports competitions are held this month. The important qualities expected from cyclists are the ability to overcome difficulties in cycling, racing (climbing downhill, starting from steep hills), constant attention to the distance of the race and preparation for high-speed movements, steady tactical leadership, steady tenacity, courage, perseverance, and diligence.

It is known to all of us that cycling as a sport is one of the most important issues of the present time. It is one of the demands of the present time to develop the physical qualities of athletes and increase their athletic abilities. Finally, we would like to thank you for being one of our guests.

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15. <http://ziyonet.uz> - Ziyonet educational resource portal

Rezyume: Velosport sport turning tarixi, kelibchiqishi haqida tarixiy asoslar, davlatimizda velosport sport turiga qaratilayotgane'tibor, velosipedchilarning jismoniy sifatlarini takomillashtirishga qo'yladigan talablar, ularni jismonanchiniqtirish, shaqqonlik, egiluvchanlik sifatlarini takomillashtirish usullari, kuchni taqsimlash va musobaqalardagi o'liblikni qo'lgakiritishda amalga oshirilish kerak bo'lgan harakatlar haqida umumiy tushunchalar berilgan. Maqoladagi fikrlar ilmiy jihatdan asoslanib belgilangan tartibda izohlar berib o'tilgan.

Аннотация: история велосипедного спорта, исторические основы его возникновения, внимание, уделяемое велосипедному спорту в нашей стране, требования к совершенствованию физических качеств велосипедистов, методы совершенствования их физической подготовки, удар, гибкость, силовое распределение. и победа в соревнованиях. Даны общие понятия о действиях, которые необходимо предпринять при приобретении. Мнения в статье научно обоснованы и комментируются в установленном порядке.

Kalits o'zlar: Velosportsport turi, velosportsport turiga davlatimizdagi e'tibor, havoni ifloslamaydigan texnika, velosportchilarning jismoniy sifatlari, kuch, chaqqonlik, egiluvchanlik, velosipedchilarni chiniqtirish.

Ключевые слова: Велоспорт, внимание к велоспорту в нашей стране, экипировка, не загрязняющая воздух, физические качества велосипедистов, сила, ловкость, гибкость, подготовка велосипедистов.