UNDULATING CHANGES IN TRAINING LOADS IN PHYSICAL EDUCATION LESSONS

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Abstract: In fact, the gradual increase in loads can be rectilinear, gradual or undulating. For sports training, a more undulating dynamics is considered characteristic. The reason for this is, finally, the high level of requirements for the functional and adaptive capabilities of the athlete's body.

Keywords: *exercise, physical education, sports, dynamics, training.*

This feature of sports training began to be given serious attention only in the following decades (V.M.Dyachkov, L.P.Matveev, L.Prokop, V.D.Shaposhnikov et al. Nevertheless, in the present itself, an approximate scheme can be tasted, typical of the general trend of the training process of loadings in different fragments. In accordance with this scheme, "waves" of scales are distinguished as follows:

a) small "waves"representing the dinami-kasi of downloads in microcycles, which in different cases take two to seven days and more:

B) a few small "waves"within the training stages (e.g. 3-6) mean "waves"expressing the general trend of loading.

C) large "waves"characterizing the general trend of medium "waves"in training periods.

The art of organizing sports training largely depends on being able to make all these "waves"proportional to each other, that is, to ensure the necessary coordination between the dynamics of the loads on the microcycles and the most general trends in the training process, characteristic of one or another stages and periods.

Waveform fluctuations the volume of the loads is characteristic of both dynamics and intensity dynamics, but intensity fluctuations with volume dinami-kasi fluctuations the maximum value of parameterla-Ri is usually incompatible with each other. On average, and especially in large "waves", at first the volume indicators (the total amount of training work in a week and a month) reach the apogee, then the volume stabilizes and goes to Kamaya, while in this fund, various indicators of intensity (the characteristic density of workouts, the speed and strength characteristic of movements, etc.) reach the highest value.

In small "waves", we usually see the opposite: initially, training of a speed - strength nature (i.e., intensive), and Ke-yer-volume more training. These general tendents manifest differently depending on the role and role of one or another exercise in the training process.

The reasons for the wave-like change in the load on sports training were previously partially explained in connection with the statement of the general principles of physical education. In this case, it should be taken into account that small "waves" first arise as a result of the interaction of fatigue and strength recovery processes. These processes are formed under the influence of training in the athlete's body and indicate the need to alternate loading and rest in microcycles, as well as to go to change the amount and character of loading. An important role is also played by the general regime of life and activity, the fact that the functional state of the body changes from time to time due to the natural rhythm of physiological processes.

Large and small "waves" are primarily caused by late-occurring transformational patterns. Adaptive changes of various organs and systems in the body occur as if lagging behind the dynamics of training loads. Therefore, it becomes necessary to systematically change the loads in the goal of gaining the body's functionality in proportion. Late-occurring transformation, including comparing the dynamics of sports results with the dynamics of monthly volumes of the load, can be observed externally, as shown in the picture. The maximum increase in results does not correspond to the most increased period of loading volume - the volume of work done will take a long time until the transition to the upgrade of sports results. In the same example, it is also seen that the dynamics of the intensity of the loads are more directly related to the dynamics of sports results: the change in the result almost immediately reflects the change in the intensity in the same direction. From this, however, it should not be concluded that the loading volume plays a less role. The result of the sport ultimately depends on both volume and intensity in the same but different proportions. The increase in the volume of downloads plays a more role in creating the foundation for further achievements, while the increase in intensity plays a leading role in the work of performing spot achievements on the basis of mastered volumes-s.

The wave-like variation of training loadings allows them to best solve the dependence between volume and intensity. Such a volume of dynamics makes it possible to distinguish the apogee of intensity "wave" with the apogee "wave" from each other in terms of time and achieve that the value of all objects of loading is the largest. At the same time, such dynamics makes it worthwhile to over-concentrate training requirements, since it systematically includes a relative reduction in load, and thus provides the necessary conditions for a complete restoration of working capacity, as well as for the non-stop course of exercise vision.

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