



## PLANNING THE TRAINING OF SWIMMERS OF TRAINING GROUPS OF CHILDREN AND YOUTH SPORTS SCHOOLS

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**Annotation:** Planning a one-year training cycle with its subsequent implementation is one of the main stages in the preparation of an athlete. Depending on how rationally this process is built, the potential capabilities of the athlete will be realized in different ways, the effectiveness of the training exercises performed by him will be different.

**Keywords:** children's sports, planning, load, young swimmers, children's and youth sports school.

**Introduction.** Sports training is built as a long-term process, covering a number of periods of the athlete's age development. At the training stage, young swimmers 10-15 years old are trained. The main place is occupied by broad general training [1, 2, 3]. During this period, the main tasks are focused on creating strong prerequisites for the formation of optimal conditions for a full-fledged foundation for future achievements, ensuring a comprehensive, harmonious development of the body, expanding the general level of its physical and functional capabilities, enriching the athlete with a variety of motor skills and abilities, and forming the basis of sportsmanship [4, 5].

Educational and training groups are formed on a competitive basis from healthy students who have shown the ability to sports swimming, have undergone the necessary training for at least one year and have fulfilled the admission standards for general physical and special training [6, 7, 8]. The duration of the stage is 4-5 years. Transfer by year of study at this stage is carried out on condition that students fulfill the control and transfer standards for general physical and special training [9, 10, 11].

In all training groups, the annual macrocycle is built approximately according to the same scheme and depends on the competition calendar. The main structural elements of the macrocycle are the periods: preparatory, competitive and transitional, which consist of stages [12, 13, 14]. The academic year can be divided into two semi-annual training cycles. Each training cycle consists of 4-6 mesocycles (usually monthly cycles), which, in turn, include 2-4 microcycles (usually weekly) [15, 16, 17].

Long-term sports training can be divided into five stages:

- 1) initial training;
- 2) preliminary basic training;
- 3) specialized basic training;
- 4) maximum realization of individual capabilities;
- 5) preservation of achievements [18].

At the stages of preliminary basic training and specialized basic training, the main organizational form is the training groups of children's and youth sports schools. The age of 10-12 years corresponds to the

stage of preliminary basic training. The average duration of the stage is 1,5-2 years. When building a training process for swimmers 10-12 years old, the main means for solving the tasks are the means of general physical and general swimming training. A large amount of elemental navigation is an effective means of developing functionality. The increase in functionality goes along with the development of coordination abilities and the improvement of swimming technique. This stage is crucial for ensuring joint mobility and flexibility.

The most effective means of development are active and active-passive exercises. Effective development of aerobic capacity is achieved through a gradual increase in the volume of swimming and the length of training segments. To increase anaerobic capacity, occasional use of anaerobic-glycolytic loads in training is allowed.

Anaerobic-aerobic loads and an increase in the number of competitions, as well as circuit training on land, under the condition of an increase in intensity and a reduction in rest intervals, have a significant impact. The main means of developing speed abilities are sports games, the implementation of starts and turns.

For the development of endurance during this period, exercises of a cyclic and acyclic nature are used, performed on land and in water with an intensity conducive to the development of aerobic performance. At 11-12 years old, loads with an intensity of 90% are applied on segments of no more than 50 meters, as well as during the start and turn sections. Loads of 70% intensity are applied at distances no longer than 400-500 meters. For longer distances, an intensity of 60-65% is used. The number of lessons per year may vary depending on the individual characteristics of swimmers and existing program settings. At 10-11 years old, the number of classes ranges from 3 to 6 per week.

The actual annual volume of training exercises in the water is 400-600 km. The duration of classes in the water is usually 45 minutes when performing exercises in a volume of up to 2-3 km. At the age of 11-12, most athletes perform the volume of exercises in water per year within 600-800 km. Athletes with good physical development and high performance of the cardiorespiratory system swim more than 1000 km per year.

Swimmers aged 11-12 years old (especially girls) have classes on land regularly throughout the year, up to 7-8 times a week. At the same time, even at this age, with the most versatile training using various means and methods in girls, exercises to strengthen the muscles of the trunk and upper shoulder girdle account for a large proportion (up to 40-45% of the total time). At the same time, the nature of the exercises involves the development of special endurance. The age of 12-15 years falls on the stage of specialized basic training. The average duration of the stage is 2-4 years. In the training of swimmers aged 12-15 years, there is an increase in the volume and intensity of training loads.

Training work is becoming more and more specialized. Here the correctness of the chosen direction of the previous training, the adequacy and expediency of the means and methods used are already revealed. During this period, the training work is aimed at increasing the actual speed indicators, as well as the development of special endurance of aerobic origin. At 12-15 years old, to increase aerobic capacity, an increase in the volume of work at the level of maximum oxygen consumption is used, the total volume of swimming is brought to 80-90% of the maximum.

Hypoxic training is widely used. To increase aerobic capacity, the amount of work in glycolytic and anaerobic-aerobic modes is increased. There is an increase in the number of competitive starts. By the end of the stage, the volume of anaerobic loads increases due to strength training. At the age of 13-14 years, girls and 14-15 years old, boys, have favorable conditions for improving the technique of swimming at maximum speed. To develop maximum strength in swimmers, classes are aimed at strengthening the articular apparatus and tendons; for this, exercises with submaximal and maximum weights are included in the training.

An increase in overall strength endurance occurs due to a significant increase in the volume of strength exercises. A variety of exercises with medium weights and a high pace of movement are used. For the development of strength endurance, exercises of aerobic, aerobic-anaerobic, anaerobic-aerobic and

glycolytic modes are used with a gradual increase in the rate of movements and the magnitude of weights.

To increase special strength, swimming exercises are used at submaximal and maximum speeds with constant control of pace and step, and swimming on a leash by stretching a rubber shock absorber is also used. At 12-15 years old, classes are usually held 2 times a day up to 3-4 hours daily. However, athletes should have at least 1,5-2 months of active rest during the year. Although the training itself at this stage is more focused, the content of the classes is very diverse and the means used are very different. Along with training in water, other types of physical activity can be widely used to develop endurance. It is important that the use of special training devices for the development of muscle strength be limited and strictly regulated in accordance with the individual characteristics of the swimmer. As a rule, they are included during a circular training.

**Conclusion.** The total increase in training impacts at 12-15 years of age occurs mainly due to an increase in the volume of exercises performed in water and on land. At the same time, the increase in training loads is still provided by increasing the proportion of exercises performed in a mode that develops the maximum functional capabilities of the body. Planning the training of swimmers of training groups is one of the main stages in the training of an athlete. Depending on how rationally this process is built, the realization of the potential capabilities of the swimmer and the effectiveness of the training exercises performed by him will be different.

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