



THEORETICAL FOUNDATIONS OF TRIATHLON AND THE SYSTEM OF MESOCYCLES IN THE TRAINING PROCESS

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Abstract

Triathlon is a complex and multi-component cyclic sport that requires a high level of physical, technical, and mental preparedness from the athlete. This article analyzes the historical development of triathlon, its functional and tactical training aspects, its health-promoting and social significance, the annual training cycle and methods of organizing training sessions, as well as issues of optimizing transition zones.

Keywords: Triathlon, cyclic sports, functional training, training cycle, transition zones, sports psychology.

Introduction

TRIATLONNING NAZARIY ASOSLARI VA TAYYORGARLIK JARAYONIDA MEZOSIKLLAR TIZIMI

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Jismoniy tarbiya va sport bo'yicha mutaxassislarni
qayta tayyorlash va malakasini oshirish instituti



Annotatsiya:

Triatlon — murakkab va ko‘p komponentli siklik sport turi bo‘lib, sportchidan yuqori darajadagi jismoniy, texnik va ruhiy tayyorgarlikni talab qiladi. Ushbu maqolada triatlonning tarixiy rivojlanishi, funksional va taktika-tayyorlash jihatlarini, sog‘lomlashtiruvchi va ijtimoiy ahamiyati, yillik tayyorgarlik sikli va mashg‘ulotlarni tashkil etish metodikasi, shuningdek tranzit zonalarni optimallashtirish masalalari tahlil qilinadi.

Kalit so‘zlar: triatlon, siklik sport turlari, funksional tayyorgarlik, mashg‘ulot sikli, tranzit zonalar, sport psixologiyasi.

Аннотация:

Триатлон - сложный и многокомпонентный циклический вид спорта, требующий от спортсмена высокого уровня физической, технической и психологической подготовленности. В данной статье анализируются историческое развитие триатлона, функциональные и тактико-подготовительные аспекты, оздоровительное и социальное значение, годичный цикл подготовки и методика организации тренировок, а также вопросы оптимизации транзитных зон.

Ключевые слова: триатлон, циклические виды спорта, функциональная подготовка, тренировочный цикл, транзитные зоны, спортивная психология.

Introduction

Triathlon is a relatively young sport that requires highly skilled athletes to possess complex functional preparedness across swimming, cycling, and running stages [1; 12–14]. The annual training cycle of triathletes is strategically structured to develop quick transitions in the transfer zones and to enhance efficiency across different segments of the distance [2; 45–48].

The Decrees of the President of the Republic of Uzbekistan and the Resolutions of the Cabinet of Ministers in the field of sports outline objectives aimed at



engaging youth in regular physical activity, selecting talented athletes, and preparing them for international competitions [3; 4]. Based on this framework, the development of scientific and methodological research on triathlete training in the country is regarded as a pressing issue.

Historical development of triathlon

The origins of triathlon date back to the early 20th century. In France, during the 1920s and 1930s, competitions such as “La Course des Débrouillards” and “Les Trois Sports” were organized, combining swimming, cycling, and running in a continuous sequence [5].

1920: “Les Trois Sports” — 3 km running, 12 km cycling, and swimming across the Marne Canal;

1927–1934: Marseille and La Rochelle competitions marked by improvements in distances and formats;

1974: Mission Bay (San Diego) Triathlon — the date recognized as the beginning of the modern short-distance triathlon.

1977: IronMan (Hawaii) — a competition consisting of 3.86 km swimming, 180.25 km cycling, and 42.2 km running stages [6–7].

Triathlon training components include functional, technical, and psychological preparation. Functional training aims to enhance cardiovascular capacity, endurance, and strength [8]. Technical training focuses on refining swimming, cycling, and running techniques, as well as mastering quick movements in transition zones. Psychological training develops perseverance, courage, and the ability to fully demonstrate one’s potential during competition.

The system of mesocycles and annual preparation is a key structural element of training. A mesocycle is a medium-term stage lasting from 2 to 6 weeks and consisting of several microcycles. It serves to develop specific aspects of an athlete’s performance or achieve targeted goals. Mesocycles are divided into introductory, loading, developmental, competitive, and recovery types. Each mesocycle usually includes 3–6 microcycles and follows a dynamic load structure (increase → stabilization → decrease).

The annual training cycle is aimed at the gradual improvement of triathletes’ performance and is organized according to the following scheme.



Table 1. Strategic distribution of the annual training cycle and training sessions.

Cycle	Goal	Type of training	UJT/MJT ratio
Preparation	Formation of a functional base	Swimming, running, cycling	60/40
Main	Loads aimed at maximum results	Distance intervals, technique improvement	70/30
Semi-preparation	Maintaining endurance, transit exercises	Combination exercises, "brick" exercises	65/35
Preparation for the competition	Maximum speed and strategy	Short intensive exercises, simulations	50/50

Diagram 1.

Stages of the annual training cycle:

Preparatory → Main → Pre-competitive → Competitive → Recovery.

Combined training sessions (Swimming → Cycling → Running) ensure efficient movement of the athlete in transition zones. At the same time, transition zone optimization exercises are aimed at improving the speed of changing clothes and using equipment.

Table 2. Types of transitions in triathlon and their application in training sessions.

Transit type	Goal	Example of training
T1 (swim → bike)	Reduce time	Quick transition from swimming to cycling
T2 (bike → run)	Maintain endurance	Exercises from cycling to running, changing clothes

Engaging in triathlon develops in athletes: a health-improving effect (cardiovascular and muscular activity), psychological qualities (patience, courage, willpower), social skills (friendship, solidarity, closeness to nature). Regular training in cyclic sports reduces stress, and training in natural conditions develops the ability to find one's way and orient oneself in space [9].



Conclusion

Triathlon is a complex and multi-component sport that requires physical, technical and mental preparation from the athlete. Regular participation in it expands the capabilities of the cardiovascular system, strengthens the body, develops willpower and patience. Strengthening scientific and methodological research on triathlon in the conditions of Uzbekistan and effective organization of the training process are important factors for improving the results of athletes in international competitions.

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