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## REQUIREMENTS FOR PLANNING THE TRAINING PROCESS OF TRACK AND FIELD ATHLETES

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### Abstract

This article examines the requirements for planning the training process of track and field athletes. Effective training planning is considered one of the key factors in improving athletic performance, physical fitness, and technical skills. The study analyzes the principles of organizing training sessions, including the distribution of workloads, the role of warm-up exercises, and the development of speed, endurance, strength, and coordination abilities. Special attention is given to the structure of training cycles and the adaptation of training programs to athletes' individual characteristics. The findings emphasize that a scientifically based and systematic approach to training planning contributes significantly to achieving high sports results and preventing injuries.

**Keywords:** Track and field athletics, training process, planning, warm-up exercises, physical fitness, technical preparation, endurance, speed, sports training, training cycle.

### Introduction

Today's demands require the comprehensive physical development of track and field athletes, the enhancement of their functional capacities, and the achievement of high athletic performance. In particular, the scientific planning of the training process plays a crucial role in improving athletes' technical and tactical preparedness, physical qualities, and competitive performance.



Proper organization and planning of track and field training sessions make it possible to regulate training loads, prevent injuries, and maintain athletic form over a long period. The content of training is determined according to the athlete's age, gender, level of preparedness, specialization, and competition period.

Therefore, studying the requirements for planning the training process of track and field athletes is one of the most relevant issues in sports pedagogy and sports theory.

The main organizational form of track and field training is group or individual practice sessions. Training sessions usually last from two to three hours and are supplemented by morning exercises, independent home assignments, and additional physical activities. Sports games, cross-country running, and competitions also serve as integral components of the training process.

When organizing training sessions, it is important to follow fundamental pedagogical principles. These include the gradual increase of training loads, the purposeful structure of training activities, and consideration of the athlete's functional condition. Every training session consists of four parts: introductory, preparatory, main, and concluding stages.

The primary objective of the introductory stage is to prepare athletes for the session, organize the group, and explain the training tasks. During this stage, formation exercises, walking, and light physical activities are performed. The introductory phase also plays an important role in strengthening discipline among athletes.

The preparatory stage is designed to prepare the athlete's body for the main workload. During this phase, general developmental and special preparatory exercises are performed to activate muscular activity, increase joint mobility, and stimulate cardiovascular function. Warm-up exercises are particularly important for adapting the body to subsequent physical loads.

Warm-up exercises consist of two parts. The first part is aimed at increasing the body's overall work capacity, while the second part prepares the athlete for specific sporting activities. Special warm-up exercises are selected according to the characteristics of the particular event. For example, sprinters perform speed



exercises, jumpers focus on jumping elements, and throwers use specialized strength exercises.

The main part of the training session is directed toward the development of athletes' technical, tactical, and physical preparedness. During this phase, exercises are performed to learn and improve technique, as well as to develop speed, strength, endurance, and agility. The sequence of exercises should also be organized on a scientific basis. It is generally recommended to begin with technical exercises, followed by activities that develop speed and agility, and then proceed to strength and endurance training.

Exercises aimed at developing speed require athletes to exert maximum effort. Therefore, such exercises should be performed when the athlete is not yet fatigued. Endurance exercises, on the other hand, are usually organized during the final stage of the training session. At this point, the athlete's body is subjected to substantial workloads, contributing to the development of functional capabilities and overall endurance.

The concluding part of the training session is designed to gradually return the body to a resting state. During this stage, athletes perform light jogging, walking, and relaxation exercises. These activities help normalize cardiovascular function and prevent excessive fatigue among athletes.

Proper organization of training cycles is of great importance when planning track and field training programs. Within weekly training cycles, sessions aimed at developing technical skills, speed, strength, and endurance are arranged in a logical sequence. Scheduling active recovery sessions after maximum-load workouts helps accelerate athletes' recovery processes.

Furthermore, it is essential to take into account athletes' individual characteristics, level of preparedness, and competition period during the training process. While highly qualified athletes are exposed to greater training volume and intensity, beginner groups place greater emphasis on general physical conditioning.

Thus, the scientific planning of the training process for track and field athletes is a key factor in improving the effectiveness of athletic preparation. Properly



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organized training enables athletes to develop their physical qualities, enhance their technical skills, and achieve high sporting results.

The gradual increase of training loads, the correct selection of warm-up exercises, the purposeful organization of different training stages, and careful attention to recovery processes are all important for strengthening athletes' health and preventing injuries.

In the future, the application of modern pedagogical technologies and innovative methods in organizing track and field training sessions will contribute to achieving even higher athletic performance and improving the overall quality of sports preparation.

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