

CROSS-RUNNERS TO OBAKA**Xaydarov Sayfulloh Nodir ugli ¹**¹ 2nd year master's degree**ARTICLE INFO****ANNOTATION:****ARTICLE HISTORY:***Received: 17.10.2024**Revised: 18.10.2024**Accepted: 19.10.2024***KEYWORDS:***800 m distance, runners, student-athletes, physical fitness, fast Cor-strength, fast strength endurance, fast endurance, special endurance, annual training busy lots.*

This article lists student-athletes nominated for Master of sports in the 800 m race the focus is on determining physical fitness based on specific tests that represent physical qualities. Took a study conducted and the study to highlight the latest results noticed. Pedagogical study of the results obtained by leading scientists a comparative analysis with the results is given and covered by the conclusions obtained at the end of the work.

INTRODUCTION. To the field of physical education and sports of the Pre-conflict of the Republic of Uzbekistan sports in our country that focus is creating new champions in order to grow. Including the PF of 5 March 2018 Radical improvement of dav lat management system in the field of physical education and Sports No. 5368 in our country in the decree on measures popularization of physical education and Sports, Population, a healthy lifestyle, especially among young people creating the necessary conditions and infra structure for the promotion of athletes of our country ensuring a decent participation in international sports fields, talented among young people in places, selection of promising athletes, creation of a transparent system of selection, targeted training of highly qualified sports men he has given it to the development of the industry. In addition, the above decrees were in ensuring its implementation and implementation in practice the practitioner is important to coaches and industry staff loads tasks. Especially athletics sports training highly qualified athletes in their Sports and participation in international sports competitions

provision in front of Industry Employees today standing is from the main tasks. Especially, athletics middle-distance running tours require special fast endurance from an athlete will. For this, the athlete is in regular training through his participation, he developed his physical fitness it assumes improvement. This gives, of both theoretical and practical importance in the field it is considered from the current tasks of today. Scientific in order to eliminate these problems research by many scientists at the resorts their work is underway.

Middle opportunities to achieve high Sports nati Jas in distance running disciplines are a priority general and special agility-strength, endurance and of course depends on the running technique as well as the tactics dir. But, these qualities as well as running techniques and tactics shaping tools annual planning table corresponding to the stages of the preparatory period, as well as the training load "waveform" the same competition, if the principle is not exceeded high "sports uniform" by the cycle, including to the chances of achieving a high Sports result it is inevitable that it will not have. Consequently, physical, functional and technical-tactical training training exercise loadings specific to training lots it is important to plan on the basis of the real tasks set in the periods and stages, as well as the requirements of practical importance. Correct this process organize athletes into competition cycles effective preparation is in many ways special physical basing qualities on the dynamics of development is defined by. So, physical fitness control the dynamics using appropriate tests make and make the necessary changes to the planning rish programs based on the indicators obtained high sports results in competition cycles expands the reach.

Middle-distance runners are the highest sport achieved in all cycles of the competition circuit keeping the shape stable and high the achievement of a sports result is the physical of the athlete to the state of formation of the level of preparation related. In the case of, this physical fitness can be achieved by if not a single quality is well developed, this may limit the possibility that they will be able to fully show the outcome of the sport. Therefore, training physical fitness of athletes in the process development in the system of training athletes are counted from the main factors. By US physical fitness of student-athletes we focused on identifying. Make them physical one of the leading Russian scientists in determining the preparation is F.P.Recommended by Suslov 800 m runner nominated for Master of sports we conducted a study of athletes based on the physical fitness model kit. Research process 800 m distance runner student-athletes representing the level of physical fitness model led by us with indicators comparative analysis of the results of the research carried out we learned on the basis. Results obtained in Table 1 expressed.

According to him, according to the model indicator, our athletes averaged 12.03 ± 0.75 s for the 100 m distance, where the result was recorded, F.By Suslov with a relative difference from the given model indicator .We can see that it is lagging behind -4,79% , or if the model figure for the distance of 400 M was 46.50 ± 4.95 so niya, our athletes would say that the distance was running at 52.11 ± 5.10 seconds. If at, compare this result with the model indicator when analyzed, our student-athletes we are behind the model indicator by -12.06% we can see. Next 600 m distance athlete in the 800 m, candidate for the sports master's league in the running model indicator lar need to run 80.24 ± 8.65 seconds unfortunately nominated for our master of sports our student-athletes have this distance of 80.40 ± 7.52 ran in seconds. This represents that we are lagging behind model pointer Chi by -2.69%.

On the Model indicator, the distance of 800 M should be passed by the athlete running 110.4 ± 9.16 seconds shows. US athletes are in the process of research Ran in 112.6 ± 8.82 seconds. This results in the model showed that we lagged behind the indicator by -1.99%. 1000 representing fast endurance m distance running model indicator 144.3 ± 11.7 if we are organized, we will be joined by athletes with this distance Ran for 152.4 ± 13.8 seconds. If this comparative analysis of the result with the Model Viewer if done, our athletes will use the model indicator -5,61% we are lagging behind ga. In the next 1500 m distance results of the running experiment our athletes mosafani in 244.7 ± 21.1 seconds a running shot is shown. This results in the model when compared with the result in the indicator -5.98% showed that we are left behind. Special durability expressive 3000 m distance running model if the indicator is 506.5 ± 37.2 , our athletes A result of 557.1 ± 40.2 seconds was recorded. Which is the model we are lagging behind the indicator by -9.42% represents. They represent explosive power on the standing long jump test the model indicator should be equal to 282.0 ± 50.8 cm given that, by our athletes Show that an average result of 275.0 ± 47.8 was recorded.

If this result is given by the model exponent if we compare from them with a relative difference of -2.48% we can see that we are lagging behind. Encore development of explosive strength of one leg three strokes from the standing position representing the level the model indicator on the jump test is 852.0 ± 33.1 CM. showing that it must be equal to, athletes this triple jump test averaged 780.0 ± 31.1 CM the result was recorded. According to the result of the comparison US athletes from the model indicator -8.45% showed that we are lagging behind. Next three 2918.0 \pm 44.3 in the leap model index if it constitutes, our athletes are 2531.1 \pm 44.3 sm showed the result. If we make this result a comparative

analysis, then the model is from the indicator result That it is lagging behind by a relative margin of -13.26% we can see.

F.P.Suslov took training in mountainous areas to develop physical fitness recommends going. In the process of training at most 10km Cross runs 7 per week shorter than Times ran 100, 200, 400 and 600 m loads by splitting distances performed. Of course, such training will help 800 m runners to partially improve their speed endurance can increase. Neither our perennial observation nor commerce indicates that 2000-2021 over the years, more than 200 athletes participated in these 800 candidate norms for Master of sports at a distance of m although they performed, 1% of them to the master of sports only they met the standards of demand. The basic of this is the reason is the annual training of athletes in the process of long-term runs and Cross runs did not take place from the preparatory program shows. This is due to the fact that they do not fully form a special durability Time, plus the physical represents a complete utilization of preparation components. Therefore, at a distance of 800 m annual training of runners 15,20,30 for training in planning km.li you need to add Rs. Only then do they have a special durability is formed and a high level in them physical fitness improves.

Conclusions.

800 m track and field athletes to determine their fitness the results of the study conducted made it possible to note the following conclusions. The 800 M was conducted to determine the readiness of athletes for in the analysis of literature, a sufficient scientific study of student-athletes on the preparation of the body lack of data based on the analysis process determined. 800 M student-athletes physical fitness model indicator when comparative analysis of the results obtained our athletes are behind on all indicators the remainder was determined in the course of the study. 800 M student-athletes 10,20,30 when planning the training process km. long - term one-stop runs and specials tool aimed at developing endurance incorporating methods into training programs makes them the possibility of effective preparation for competitions increases.

The results of the research carried out show that it gives students-athletes running the middle distance with an optimal annual preparatory training development and implementation of the plan shows the need.

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