

## Definition and Justification of the Training Program for 25KM Team Cyclists

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### **Abstract:**

In this article, the author defines and substantiates training programs for Uzbek cyclists in the 25 km team race, where the training system is considered, in the pre-competitive period. An attempt was made to develop a scientifically based training system with a significant amount of competitive load for cyclists specializing in the men's 25 km road team race.

**Keywords:** road training, team race, cycling, highly skilled athletes, training program.

**Relevance.** In the preparation of highly qualified cyclists, the entire system of training athletes is taken into account, starting from the organization of training in training, functional training, climatic conditions and, of course, the scientific justification of the training plan, to obtain the planned result. A yearly training is the distribution of exercise volumes of different power in combination with competitions during the transitional, preparatory and competitive periods of cyclists training, load volume and its parameters in a 25 km team race on the road.

Road team racing has been constantly modified over the past decades, from 100 km races, to smaller 50-25 km races, as well as mixed teams, which has made it difficult to create a scientifically based training system for highly qualified cyclists.

We have made attempts to analyze the training system for highly qualified cyclists specializing in the 25 km road team race, which is defined at the Asian Championship.

The purpose of the study: to develop an effective, evidence-based training system with a significant amount of competitive load for cyclists specializing in the 25 km men's team road race.

**Methods and organization of the study.** When organizing the study, to assess the special physical fitness of road cyclists, control and competitive exercises were used: an individual race with a separate start for 25 km; individual race with a general start of 100-200 km; team race 25 km; team race 50-100 km; group race 50-130 km; track racing.

The main pedagogical experiment has been carried out since 2019. The developed version of the training of road cyclists is used in preparation for the Championship of Uzbekistan.

2020-2021 and was the main research method and was carried out directly in order to test the methods of sports training of their training loads. Bicyclists (n=30) took part in the experimental part of the study.

Trainings were held in the Chimgan and Khodjикent mountains, in windy and cold weather.

Further, at the training camp in Turkey (Konya), in two weeks, the athletes traveled 1100 km, working on the development of speed and strength endurance, with a heart rate of 160-170 beats / min, against the wind, a heart rate of 150-170 beats / min. Athletes took part in a 50 km group race and a 25 km team race, and multi-day races, the completion of the preparatory period. The entire load was controlled by Polar "M 460", under the supervision of a doctor.

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Then they proceeded to direct pre-competitive training, speed work, repeated, interval and competitive training methods were used - competitions were the means.

As a result of the proposed training methodology, the athletes became the Champions of Uzbekistan in the 50 km team horse race.

Since June, the team has been at a training camp, the method of application is repeated, interval, uniform with a heart rate of 160-175 beats / min, the team competed in international competitions in a 25 km team race with a result. Asian Championship 2022 Tajikistan (Dushanbe), 24 km team race, Uzbekistan human team, took 4th place with a score of 0:29:02.225, behind 3rd place 02:13.892, average speed 49.57 km / h.

**Analyzing rivals:** World Championship Australia 2021 – mixed team 40 km, leaders 50: 14.02. World Championship Australia 2022 – mix team 28 km, leaders Switzerland 33:47.17.

Championship of Uzbekistan 2022, June 29 - team race 50 km, average speed - 49.12. 8 teams of 4 people participated (see table 1).

**Table 1. Performance of the teams of Uzbekistan in the 50 km team race**

№	City, district	25 km	50 km
1	Tashkent city	30,07	1.01,04
2	Tashkent region	32,10	1.05,52
3	Syrdarya region	33.07	1.06,30
4	Tashkent region	33.30	1.07,27
5	Tashkent region	33.25	1.08,35
6	Samarkand region	35.00	1.09,23
7	Republic of Karakalpakstan	35.29	1.11,47
8	Tashkent city	39.19	1.19,29

**Results of the study:** 30 athletes underwent a comprehensive examination during 2020-2022, athletes of the highest sportsmanship aged 18-26 years (1 athlete 40 years old), fitness 10-15 years old, the examination was carried out therapeutic, Polar "M 460", WattBaytt, according to the performance criterion PWC 170.

So, according to the results of the performance, the team at a distance of 100 km, with a selection of 25 km in segments of 5 km, showed the following results (see table 2).

**Table 2. Passing a team in a 100 km team race along 5 km sections, with a maximum speed of 25 km**

Section of the distance	Travel time 5 km
5 km	7 min.26 sek
10 km	7 min.01 sek
15 km	6 min.49 sek
20 km	7 min.09 sek
25 km	7 min.28 sek.
ИТОГО	35 min.03 sek
30 km	6 min 27 sek
35 km	6 min 33 sek
40 km	6 min. 57 sek
45 km	6 min. 17 sek
50 km	6 min. 47 sek

ИТОГО	33 min.
55 km	6 min. 37 sek
60 km	7 min. 02 sek
65 km	7 min.08 sek
70 km	6 min.28 sek
75 km	6 min. 50 sek
ИТОГО	34 min. 03 sek
80 km	6 min. 33 sek
85 km	6 min. 20 sek
90 km	6 min. 52 sek
95 km	6 min. 58 sek
100 km	6 min. 48 sek
Total 100 km	2 hours 15 min 36 sec

When participating in the competition, the team preparing according to the experimental plan showed the result with a lead of 5 minutes from the 2nd team. 20 sec. Passing the distance between the first and second half of the distance there was practically no difference in time, which indicates the readiness of the team and its good preparedness.

The results of the performance showed that the riders are in good shape, the training process is formed correctly. And the data must be saved during the training camp in Chirchik. During the training camp in Chirchik, at the end of June, a slight decrease in load was proposed to bring to the peak of form in the Asian Championship 2022, a 25 km team race (Tajikistan, Dushanbe).

The stage of special preparation for the team race lasted from 4 to 6 weeks. The composition of the team is completed, having passed team races at 25, 50 and 75 km with a gap of a week, and two weeks before the Championship of Uzbekistan at 100 km, where the result was close to planned, at segments of 25 km.

The mobilization of all the team's capabilities was carried out 10 days before the 25 km race in the Asian Championship (Tajikistan).

The optimal lead of the team by the racer lasted 25-30 seconds, his recovery was about 1.5 minutes.

**Conclusion.** Analyzing the preparation of the national team of cyclists - road racers of Uzbekistan, specializing in the team race on the road, we can conclude that in preparation for the Asian Championship, the team should, on average, have accumulated kilometers in the amount of at least 10,000 to 11,000 km, and starts at least 40 50. Of course, in the preparatory period at the stage of physical training, a springboard was created that will ensure the performance of the athlete's body for 2-3 hours. The mobilization of all the team's capabilities was carried out 10 days before the 25 km race in the Asian Championship (Tajikistan), where it was taken into account that the optimal lead of the team by the rider lasts 25-30 seconds, its recovery is about 1.5 minutes.

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