

## VI. SPORT AND WELLBEING TECHNOLOGIES VI. СПОРТ И ЗДОРОВЬЕСБЕРЕГАЮЩИЕ ТЕХНОЛОГИИ

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### BUILDING A TRAINING PROCESS FOR ATHLETES (MEN) IN THE OLYMPIC TRIATHLON DISTANCE USING COMBINATIONS OF EXERCISES OF VARYING INTENSITY

**Abstract:** The article is devoted to the topical problem of developing the most rational approaches to managing the training process in the Olympic sport «Triathlon». The Olympic triathlon is a sport with a predominant manifestation of endurance; it consists of three types of cyclic activities: open-water swimming (1.5 km), cycling (40 km) and running (10 km). The effectiveness of the training process in a triathlon depends on finding and determining the most effective means and methods of training, as well as rational approaches to managing the training process and taking into account individual characteristics of a person. The decisive factor in improving sports performance in triathlon is physical performance in three types of cyclic activity. In accordance with this, the article will present methods of management and control of sports adaptation in a complex sport within the framework of an eight-month training of an athlete. Triathlon is one of the youngest sports and is becoming increasingly popular in the world. The system of training of athletes in triathlon is based on the principles of gradual change, from simple to complex.

**Keywords:** triathlon, Olympic distance, training process, adaptation.

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## **ПОСТРОЕНИЕ ТРЕНИРОВОЧНОГО ПРОЦЕССА ДЛЯ СПОРТСМЕНОВ (МУЖЧИН) В ОЛИМПИЙСКОЙ ДИСТАНЦИИ ПО ТРИАТЛОНУ С ИСПОЛЬЗОВАНИЕМ УПРАЖНЕНИЙ РАЗЛИЧНОЙ ИНТЕНСИВНОСТИ**

**Аннотация:** Работа посвящена актуальной проблеме, которая заключается в разработке наиболее рациональных подходов к управлению тренировочным процессом в Олимпийском виде спорта «Триатлон». Олимпийский триатлон является видом спорта с преимущественным проявлением выносливости, который состоит из трех видов циклической деятельности: плавание на открытой воде (1.5 км), велосипедная гонка (40 км) и легкоатлетический бег (10 км). Безусловно, эффективность тренировочного процесса в триатлоне зависит от нахождения и определения наиболее эффективных средств и методов тренировки, а также рациональных подходов в управлении тренировочным процессом и учете индивидуальных особенностей человека. Определяющим фактором повышения спортивной результативности в триатлоне является физическая работоспособность в трех видах циклической деятельности. В соответствии с этим в работе будут представлены методы управления и контроля спортивной адаптации в комплексном виде спорта в рамках восьмимесячной подготовки спортсмена. Триатлон является одним из молодых видов спорта и пользуется всё большей популярностью в мире. Система подготовки спортсменов в триатлоне основывается на принципах постепенности: от простого к сложному.

**Ключевые слова:** триатлон, Олимпийская дистанция, тренировочный процесс, адаптация.

In recent years, complex sports have become increasingly popular. One of the leading places in this list has summer and winter triathlon. The versatility and availability of the components included in it allows almost any athlete who specializes in one of the three sports to prepare and overcome the distance. Triathlon is a multisport race with three continuous and sequential endurance races: swimming, cycling and running. There are various modifications of triathlon, but currently the most popular and the only one included in the Olympic program is the one that contains swimming (1.5 km), cycling (40 km) and running (10 km).

This research work is devoted to an actual problem, which will be considered in the framework of eight-month preparation of athletes (men) for the Olympic distance in triathlon. Throughout the study, various methods will be studied with the purpose to correctly compile and adjust the athlete's training process.

The aim of the study is to build a rational approach to managing the training process, as well as to develop and substantiate methods of sports adaptation in a complex sport as part of eight-month training of an athlete.

As a rule, the triathlon engages people who have previously been involved in sports, as they have functional reserves, and their body is adapted to intense physical activity. In accordance with this, the object of research is the training process of athletes in triathlon, and the subject of the research is the structure and content of training load in triathlon.

To achieve the goal of this research the following tasks were set:

1) to analyze theoretical approaches to building a training process in a triathlon for athletes;

2) to study the effect of training load of varying intensity, the nature of energy supply on the dynamics of indicators of special physical fitness in the micro and mesa structure of the eight-month cycle;

3) to develop and substantiate a methodology for assessing the level of special physical fitness of athletes in the Olympic Triathlon;

4) to identify the effectiveness of the use of experimental methods.

The hypothesis of this research work is that targeted increase in special physical fitness of triathlon athletes in the eight-month cycle requires the gradual development of the leading components of physical fitness and the usage of the correct approach to training load, based on the individual capabilities of each athlete. Research methods are analysis of literature and scientific and methodological material; analysis and synthesis of the pedagogical experience of building the training process in

the Olympic triathlon; pedagogical testing; pedagogical experiment, questioning athletes; biomedical research methods.

Based on the general theoretical and practical principles of managing the process of sports training, the following interrelated fragments are distinguished:

- setting goals and time required to achieve it;
- identification of individual features and functionality of the athlete;
- setting intermediate goals and specific training objectives for the period, cycle, occupation;
- periodization of training, the determination of the magnitude of the load and their dynamics in periods and cycles, the definition of criteria for the quality of problem solving;
- drawing up programs and training plans;
- practical implementation of the planned programs;
- control, and if necessary – correction in training programs and plans.

The final outcome of this work is a ready-made training plan for athletes, which will be designed for eight-month training for a triathlon, allowing giving excellent results during participation in competitions in the Olympic triathlon.

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