

INDIVIDUALIZATION IN SWIMMING AND A WAY OF PREPARATION FOR OLYMPIC GAMES

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Annotation. *Purpose:* to analyze the high-end training swimmers who specialize in complex navigation. *Material:* Ukraine national team members from different years of training, swimmers high class of 50 people. A review of questionnaires and coaches of the national team of Ukraine to the XXVIII Olympic Games in Athens. *Results* found that athletes training and competitive activities differ in structure and content compared to previous preparation for the Olympic Games. In the 2004 Olympic champion set, the largest amount of work is 2520 km with the largest number of events in that year. It is indicated that the athlete in the first 4 years of preparation for his first Olympics gradually increasing annual volume and intensity of training loads. Over the next 4 years - the number of competitions, including commercial. An important factor in this stage is moral and strong-willed and psychological preparation. *Conclusions:* preparing athletes for major competitions at the stage of conservation achievements is narrowly focused specialized nature, depending on the age of the athlete, his specialization, gender, duration of phase conservation achievements.

Key words: training, swimmers, national team, Olympic Games.

Introduction

Success in sportsmen's training in modern conditions depends on effectiveness of methods of organization and control, rational application of modern technologies in training process, on consideration of individual, age and morphological-functional characteristics of organism.

Methodology of researches was based on studying of individual peculiarities of special physical fitness, general scope of load in kilometers per year during Olympic cycle of training, on intensity in percentage correlation of sportsmen-swimmers, on the base of questioning and CV data. As per opinion of advanced specialists in the field of theory and methodic of Olympic sportsmen's trainings [9,10,13,14] essential is not only difference in system of sportsmen's training at different stages of many years perfection, stage that ensures reaching higher level of achievements and stage, which ensures long term maintenance of sportsmanship, but also in system of sportsman's training in different Olympic cycles.

Thus, if content of Olympic training cycle at stage of maximal realization of individual abilities is oriented on creation of conditions for achievement of best sport results with the help of means and methods, stimulating adaptation processes, while planning and total training work scopes have reached their maximum, followed by increasing of competition practice, volume of special tactic, mental and integral preparation, then content of Olympic cycle at stage of maintenance of achievements is characterized only by individual approach.

Inevitable reduction of organism's functional and adaptation potentials to large extent was conditioned by high level of load at previous stage and often it does not only prohibit increasing of load but also hinders maintenance of results at achieved level. It requires to search individual reserves of sportsmanship's growing, of increasing qualitative characteristics of training process, using of non standard means of stimulation of workability and motion effectiveness and so on [1,3]. Besides, main characteristic of training process's construction in Olympic cycle is that structure and quantitative parameters of training and competition loads, their correlation, change of character, means and methods of training significantly differ not only in Olympic cycle, as in separate, holistic formation, but also in separate years of four years' training process [9,10,13]. The character of these distinctions to large extent is determined by knowledge of individual features of sportsmen, degree of exhaustion of their adaptation resources and about presence of reserves.

Sports practice shows that a lot of talented athletes left sports without complete opening their abilities because they were trained in standard way, without consideration properly their individual potentials, functional reserves, adaptation abilities. In cases, when specialists realized strictly individual program, sportsmen achieved as a rule outstanding and stable results [7].

Purpose, tasks of the work, material and methods

The purpose of the research is improvement of training of highly qualified swimmers in annual periods of four years Olympic cycle, considering structure and content of training process as well as individual features and reserve abilities of every sportsman. Also we strived to determine characteristic specificities of many years training, which permit for sportsmen to demonstrate high sport results for long period of time.

Organization and methods of the research: analysis of special literature, analysis of competitions' records, records of Ukrainian coaches, analysis of diaries and registers of training work, questioning of swimmers of Ukrainian combined team and reserve of Ukrainian combined team, sociological research, statistical processing of data.

Results of the research

In the course of the research we received the following results: for all contingent of the tested) swimmers of combined team) training and competition functioning differ by structure and content of swimmers' training for their second and next Olympic games, depending on sex, specialization, age, period of maintaining of achievements. If young sportsman, training for his first Olympics gradually increases annual scope and intensity of loads, the, training

for second or third Games he needs in changing of structure of training and competition functioning, in increasing of quantity of competitions, including commercial, in which a sportsman receives financial award for prize places from competitions' sponsors that is one of important factors in sportsman's moral-will and mental preparation.

Studying records and coaches questionings we analyzed process of Ukrainian combined team's training for 28th Olympic games in Athens. We compared data of targeted complex training program (see table 1) with data of training of Svitlana Kopchikova (see table 2) and Yana Klochkova (see table 3), who specialize in distance of 200 meters, complex swimming.

Table 1

Total scope and intensity in % from "max" of targeted complex program of Ukrainian combined swimming team's training for 28th Olympic games of 2004

Total scope per year, km	2500 km
1 intensity zone, 40 % від max	35 % - 875 km
2 intensity zone, 70 % від max	30 % - 750 km
3 intensity zone, 85 % від max	25 % - 625 km
4 intensity zone, 95 % від max	5% - 125 km
5 intensity zone, 100 % від max	5 % - 125 km

Table 2

Total scope and intensity in % from "max" of S. Kopchikova

Indicators	1980-1981	1981-1982	1982-1983	1983-1984
Total scope per year, km	1689.9	1770.2	1733.2	1980
1 intensity zone,	245.6	108.0	198.8	190.5
2 intensity zone,	816.0	623.1	778.3	753.2
3 intensity zone,	490.0	854.1	577.0	1012.0
4 intensity zone,	121.4	85.7	118.9	127.4
5 intensity zone,	58.5	45.4	58.7	87

Table 3

Total scope and intensity in % from "max" of Ya. Klochkova

Indicators	2000-2001	2001-2002	2002-2003	2003-2004
Total scope per year, km	2258	2470	2395	2520
1 intensity zone,	1671	1715	1775	1750
2 intensity zone,	390	440	440	488
3 intensity zone,	155	160	200	220
4 intensity zone,	48	55	60	65
5 intensity zone,	15	15	20	20

Comparing total scope and intensity of targeted complex program with training of Yana Klochkova and Svitlana Kopchikova we registered difference in scopes and intensity of training loads. Total scope of Yana Klochkova in first year after Olympics is by 112 km less than in next, 2002, and by 242 km less than in plan of targeted program. In 2002 total scope is less than plan of targeted problem only by 30 km. In 2003 it reduced insignificantly, comparing with 2002 and reduced by 105 km in comparison with targeted program. The highest scope 2520 km was in Olympic 2004 year with the biggest quantity of competitions in the same years (see fig.1).

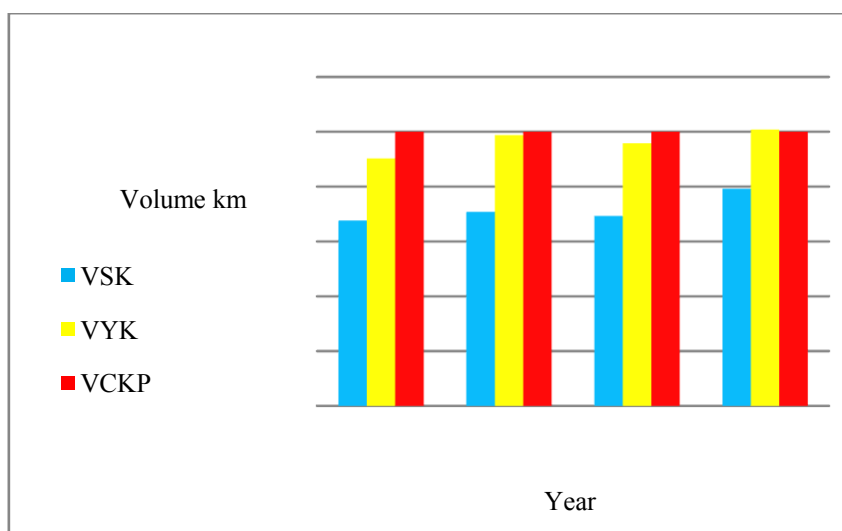


Fig.1. Correlation of total scope of training work in water (km) of Ya. Klochkova and S. Kopchikova and targeted program of combined swimming Ukrainian team:

V – volume (scope) of training in water (km); Y – years of training; 1 y – 1st year of training; 2 y – 2nd year of training; 3 y – 3rd year of training; 4 y – 4th year of training; VSK – total scope of S. Kopchikova; VYK – total scope of Ya. Klochkova; VCKP – total volume of works by targeted complex program.

Total volume of Svitlana Kopchikova in first year after Olympics (1981) was 1690 km with plan of targeted program – 2500 km. Then, in 1982 load of Svitlana Kopchikova was by 730 km less than targeted plan of complex program. In 1983 this difference was 767 km. In Olympic year her total volume of load was 1980 km with plan – 2500 km.

Conclusions:

Preparation of sportsmen for main competitions of year at the stage of maintenance of achievements shall be of narrow specialized character, depending on sportsman's age, sex, duration of the stage.

In the future, the researches will be oriented on studying of structure of highly qualified sportsmen's training and competition functioning; the sportsmen, who during long time continue to demonstrate high sport results.

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