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METHODOLOGY FOR ORGANIZING A TRAINING MICROCYCLE

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Abstract. A microcycle is the smallest but most important part of a training plan. It usually covers a week and is a precise distribution of training loads from day to day. Proper organization of a microcycle helps to monitor the athlete's functional capabilities, effectively manage loads, and ensure optimal recovery processes.

Keywords: microcycle, training methodology, daily load, rest, recovery, planning.

Login

Effective planning of loads during sports training is a key factor in ensuring the physical, technical and psychological development of an athlete. In this regard, the microcycle of training is one of the most important links in the system of sports training. A microcycle is a short-term (usually 5-7 days) period in which training loads, rest and recovery processes are clearly defined day by day.

The organization of a microcycle serves to coordinate the loads based on the athlete's condition and goals. It combines high-load days, light training, technical-tactical training and complete rest. Therefore, microcycle training controls the body's adaptation processes, prevents fatigue and helps to form an athlete's optimal sports form.

Also, the main task of the microcycle is to ensure the supercompensation process in the athlete's body, that is, to properly plan the post-training recovery phase. This is a guarantee of the effectiveness of long-term training cycles and achieving high results in competitions.

Main part

Microcycle structure

A microcycle usually lasts 5-7 days and includes the following stages:

- Loading day - intensive training (strength, speed, endurance).
- Medium load day - work on technique and tactics, repeat exercises.
- Light exercise day - active rest, swimming, gymnastics, light jogging.
- Rest day - to ensure the body's full recovery.

Principles of organizing a microcycle

- Balance - workload and rest days should be balanced.
- Consistency - one day's load affects the effectiveness of the next workout.
- Variety - each day's exercises should be varied, but serve a common goal.
- Individualization - the content of the training is determined based on the athlete's age, gender, and level of training.

Practical example of a microcycle (7 days)

- Monday: Strength training (weightlifting elements, jumps).
- Tuesday: Speed and agility drills, short sprints.
- Wednesday: Light exercise or active rest (swimming, gymnastics).
- Thursday: Technical-tactical training (ball exercises, game combinations).
- Friday: Endurance training (long runs, interval training).
- Saturday: Technical exercises and a small game-style workout.

- Sunday **:** Complete rest or a recovery workout.

Microcycle efficiency assessment

- Athlete's pulsometry readings.
- Post-workout recovery speed.
- Subjective state (fatigue, mood, work capacity).
- Analyzing results through test trials.

Conclusion

A microcycle is the smallest but most important part of a sports training system. It ensures the overall effectiveness of training by regulating an athlete's daily training, properly distributing the load, and managing recovery processes. A properly organized microcycle prevents excessive fatigue and injuries in the athlete's body, and helps maintain a stable sports form.

The success of a microcycle depends on many factors: the goal of the training, the age, gender, level of physical fitness and even the psychological state of the athlete should not be ignored. Proper planning of each daily load allows for the gradual development of the athlete's body. The most important condition is to adhere to the law of "load - rest - recovery".

In practical terms, to effectively organize a microcycle, it is necessary to plan the exercises differently, define tasks by day, and constantly monitor the athlete's condition. For example, dedicating one day to strength training, another day to speed and agility training, and another day to technique and tactics training will help the athlete develop in all aspects. Rest days are also mandatory, as they are the basis for the body's supercompensation process.

Therefore, the methodologically correct organization of the microcycle plays a fundamental role in the athlete's preparation for the competition. If the microcycle is planned systematically, coherently and taking into account individual characteristics, the athlete will be not only physically but also psychologically stable, and the chances of achieving high sports results will increase significantly.

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