



**SPECIAL PREPARATION PREPARE FOR COMPETITIONS THROUGH THE  
DEVELOPMENT OF A RUNNING BIATLONCHILAR**

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**The topic of relevance:** Of uzbekistan in the Republic for the development of the five priority direction on Action at strategic recognized as it was, “the country's independence in the years of out carried wide - ranging reforms of national statehood and sovereignty, strengthening, security and law enforcement, our state of the borders of the safety, society of law, rule, human rights and freedoms, inter-ethnic harmony and religious tolerance environment providing for an important foundation is, our people have a decent life to live, our citizens of the creative potential of the realization of the production for the necessary conditions to create”.

Uzbekistan - republic of Presidents 2021 - year 5-pp the number 5282 November decision, the execution of the decree of the implementation to ensure and 2020 is the year of 30 order “Healthy is a lifestyle - wide implementation to and mass sports to further the development of measures on” UP-6099-the number of the resolution and 2017 - 2021 the year of uzbekistan in the Republic for the development of the five priority direction on Action strategy “of young people use the support and population health, strengthening of the year”at out and enhancing on the State of the program implementation to ensure, as well as, of the population in a wide layering of physical education and sports involved to make in order:

Uzbekistan , republic of “Physical education and sport on your law new taxriri, Uzbekistan Republic President 2017-7 year in February, UP-4947-number “of uzbekistan, the republic of further development on “Action strategies ”on the Decree, Uzbekistan Republic President 2017-3 years-June pp-3031-the number of “Physical culture and mass sport further development of measures on” decision, 2018-5 years in march-UP-5368-the number of “Physical education and sports in the field of state administration of the system of a radical improvement on the Decree, Uzbekistan Republic President 2020-24 year-in January, UP-5924-number “Uzbekistan republic in physical education and sports of the further improvement and popularization on the resolution and the same area relevant to other normative-the legal documents for specified tasks you perform to increase this research a particular level of service will make.

**Research goal:** the biatlonchilar special running in preparation for the development on special exercises of the complex work out through the results of the effectiveness of increase.

**Research news:** the biatlonchilar special running in preparation for the development on working has been in control of the exercises and complex.

Issued research established was. Research Tashkent region, Kibray district , Uzbekistan to defense in contributing “the patriots” sports school biatlon to specialized 12-13 at the age of 12 students, athletes part took.

**The research results and their discussion to:** Out go tadbik the results of the theoretical role

that consist of that would, Biatlon sports in the type of long distances running athletes not only physical preparation as well as their functionality in the preparation of also in the development of important tools as you use it you can. Especially repeated, changing repeated rest to get, space, methods of training on the basis constitute a will. Preparation during the period mainly biatlonchilar general physical preparedness, the development of see, you will focus on. Of course this is true be you can, but preparation during the period of the athletes each party preparations development with along baziviy level in the form of should be. Long distances in running athletes organizimidagi changes the physical downloads clout they come. Athletes training of downloads and its performance of the image every kind of severe in a zone to be done will keeps. Athletes of general physical preparation, complete the image of balanced development, the body muscles of the structure of body organs and system, strengthen, them functional capabilities to improve the physical qualities to be developed in the body improve and kros the running of exercise and each has the same meaning have the lessons of downloads athletes each - way partnership development and preparation to be a positive influence is. Especially, the annual sessions included physical exercise, in all the kros running members are introduced but them ran was the complexity - performance avalanche zone stream always also established the goals according it doesn't. Do this to the kros running exercise highly qualified biatlonchilar training process established from the goals come out of training to add you can. biatlonchilar to special resistance in the development of a marom with running the method through the kros in running athletes most of primarily organs and physiological features, head of the brain the nervous tissue of the work activity of the oxygen with it to provide depends on. The kros running to biatlonchilar specifically that are resistant to many intraoperative body for a long time until oxygen to the demand and it istemol in the balance keep to get the opportunity to development and kottu of the benefits it gives. Thus oxygen to the requirements consume demonstrate that the increase is going to, only muscles not, but the head of the brain the nervous tissue also oxygen with enough won't provide /. This while the athlete work ability is reduced does not put. Long or very long distance for good results with , to pass for, athletes, a breath to take , and heart-blood vascular system functionality, the possibility of increase should. Do this to workouts during on the body more demand put and actions of the speed increase , resulting in oxygen to the demand for more than when than the recession condition and maintain to remain to achieve necessary. Such training primarily athletes the same time the whole distance to the end of decreased reach that speed , compared with 3-4% more than at a speed of up to run add you should. Of course, athletes such speed in the race who was the distance of all is not, but a part of the most takes. This is the reason for training in the relevant authorities and to the system, the more powerful the effect show to, the intensity more, but last the time is less work takrorlamoq should. Such a more dynamic work repeated the effects sustain methods of each different be you can.

Conclusion: The survey results the following conclusions we can.

1. Today's the day biatlon with to deal physical preparedness determine toe`citizens of the survey results, the following conclusions record to the possibility gives:
2. Biatlon on conducted research weapons lying without a throw and standing up without a throw on the preparation level of well developed it is, but running on the physical preparations in behind left were observed.
3. Biatlonchilar to a special resistance to develop toe`citizens training in the structure of work to the goal it is.

#### **Literature**

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