ISSN: 2181-1385
Scientific Journal Impact Factor (SJIF) 2021: 5.723
DOI: 10.24411/2181-1385-2021-00416

QISQA MASOFAGA YUGURUVCHILAR ORGANIZMIGA JISMONIY TAYYORGARLIKNING TA'SIRI

Baxodir Jumatovich Yadgarov
Urganch davlat universiteti dotsenti
yadgarov_b@mail.ru

ANNOTATSIYA

Maqolada yengil atletikachi yuguruvchilarning yillik tsikldagi tayyorgarligini rejalashtirish va tashkil etish masalalari yoritilgan.

Kalit so'zlar: mashg'ulot yuklamalari, qisqa sprint, uzoq sprint, jismoniy tayyorgarlikning o'sishi, jismoniy rivojlanish, somatotip, dermatoglifika.

THE EFFECT OF PHYSICAL PREPARATION ON THE BODY OF SHORT RUNNERS

Bahodir Jumatovich Yadgarov
Associate Professor of Urgench State University
yadgarov_b@mail.ru

ABSTRACT

The article deals with the planning and organization of the annual cycle training of athletes.

Keywords: training loads, short sprint, long sprint, increased physical fitness, physical development, somatotype, dermatoglyphics.