

## The Structure of the Training Process of Concentration and Distribution of Attention in Sports Swimming, Competitive and Rhythmic Gymnastics

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### Abstract:

In preparation for the Olympic Games, world and Europe championships it is important to properly plan the training process. Modern sports preparation in running kinds of track and field athletics of the leading Ukrainian athletes, especially at the stage of maximal realization of individual possibilities requires formation of the optimal system of building of the training process within structural elements of an annual macro-cycle. Objective of the study: to ground the conception of formation of the training process of female athletes of high qualification in sprint in an annual cycle of preparation. Six female athletes who had sports qualification of Sport's Master of International Class, Sport's Master took part in the research. It was analyzed the structure of the training process in pre-Olympic annual cycle of preparation of female athletes of high class. It is defined that formation of structural components of the training process were based in the basic principles of the periodization system. Two-cycle system of formation of an annual micro-cycle with finishing of a micro-cycle with winter European Championship, Team European Championship and World Championship were put in the basis of the model of preparation of female athletes of high qualification in sprint.

### Key words:

*training process, sprints, periodization, macro-cycle.*

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**Formulation of the scientific problem and its significance.** Preparation of qualified sportsmen is aimed at achieving the highest sports results at the Olympic Games, World Championships and Europe. We have the confirmation to that from the previous practical experience of the strongest athletes [8; 9]. Achievements of high sport results at present track-and-field athletics' development have a certain reason: increasing the efficiency of the training process. It is achieved by optimizing the total volume and intensity of different orientation training influences in the annual cycle of preparation and also by the formation of an effective structured training process within the scope of structural elements of macrocycle [6; 10].

**Research analysis of this problem.** Information from specialized scientific and methodical literature on the subject of our study indicates following fact: the objective growth and the intensity of modern training and competitive pressures are required to achieve high sports results. It is the basis for comprehensive and thorough scientific and methodological research on improving training process of highly skilled athletes [1; 2; 4]. Leading experts in the field of sports training theory point out: to achieve high sports results by highly skilled athletes, especially at the stage of maximum individual potential's realization, annual training structure is more complex and provided by many specific factors. These factors are: availability of objective information about different aspects of athlete's preparedness, optimization of specific individual organism's adaptation, planning training workload in the annual cycle, etc. [3; 5; 7].

It should be mentioned that for qualified athletes, for which culminating competition of their sports career is the Olympics, planning of the training accomplished within the framework in the Olympic cycle.

At the present time the urgent questions are about the effective management of the training process, search for rational planning forms of the main structural elements during the training process and the distribution volume of training workloads in the structures of annual macrocycle.

Actuality and practical importance of the problem were the prerequisite for this study. Work performed under the state budget theme «Development of modern approaches for system's improvement of reconditioning activities among athletes», № state registration – 1/15, IP 0115U000819 on 2015–2016.

**The aim of the research** is to prove the concept of training process' construction by qualified sportswomen, which specializing in sprint during the annual cycle of training.

**The object of the research** is to identify and prove the concept of construction of the training process in the training's annual cycle by sportswomen who specializing in sprint.

**Results of the research.** In the framework within the research, the studying of the training process' structure in the pre-Olympic year cycle of training for qualified sportswomen was conducted. These sportswomen were specializing in sprint. Training plans of six sportswomen with sports qualifications MSIC, MS (aged 21–23 years) were analyzed. Three sportswomen were members of the Ukraine's national team in track-and-field athletics.

A survey of leading coaches was conducted and the analysis of sportswomen's diaries was made to obtain the experimental data.

Based on the objectives of the research, we have examined in detail, the structure of the pre-Olympic year cycle training of sportswomen. Analysis of the structural elements revealed that the structure of the annual cycle training of the third year was distinguished two relatively independent macrocycle: the first autumn-winter macrocycle – 131 days and the second spring-summer macrocycle – 157 days. In the structure of each macrocycle three periods was selected: preparatory, competitive and transition. The main criterion of each macrocycle was the sportswomen’s performances in major international competitions. The main competitions of the first macrocycle were – winter Europe championship, (Paris, 2011), the second – team Europe championship, (Stockholm, 2011) and the World Cup (Daegu, 2011). Analysis of planning structural elements during the training process in the first macrocycle allowed to state that this macrocycle consisted of 22 weekly microcycles of different types that were integrated into three periods: autumn-winter preparatory period (13 microcycles), competitive winter period (8 microcycles) and transition (1 microcycle). A more detailed analysis of the structural components during the training process revealed that the autumn-winter preparatory period consisted of two basic mesocycles, control and preparatory mesocycle and pre-competition mesocycle (Table 1).

Table 1

**The structure of the construction during the training process by qualified sportswomen in autumn-winter preparatory period of the first macrocycle**

Cycle	The first autumn-winter microcycle							
Period	Autumn-winter preparatory							
Stages	Basic and Preparatory				Specialized-preparatory			
Mesocycles	Basic 1		Basic 2		Control-preparatory		Pre-competitive	
Microcycles	Two retractive	Recovering	Three intensive	Recovering	Intensive	Two preparation	Two pre-competitive	Recovering

The first winter-competition period of macrocycle included two competitive mesocycle (Table 2). In the first competitive mesocycle were planned control and preparatory starts. In the structure of the second competitive mesocycle, the sportswomen performed in the main start of the first macrocycle – Winter Europe Championship (Paris, 2011).

Table 2

**The structure of the training process’ construction of qualified sportswomen in winter – competitive period of the first macrocycle**

Cycle	The first autumn-winter macrocycle									
Period	Winter competitive									
Stages	Competitive (control and preparatory competitions)					Competitive (basic competitions)				
Mesocycles	Competitive 1					Competitive 2				
Macrocycles	Pre-competitive	Pre-competitive	Competitive	Competitive	Competitive	Recovering	Pre-competitive	Competitive	Competitive	Recovering

The transition period was presented as one of recovering microcycle. The total rest was planned during this stage.

In the same way the analysis was made in spring-summer macrocycle of the pre-Olympic annual cycle. The second macrocycle consisted of 30 weekly microcycles of different types, which were integrated

in 3 periods: spring-summer preparatory period (12 microcycles), summer competitive period (15 microcycles) and transition period (3 microcycles).

Spring-summer preparatory period consisted of two basic mesocycles: control and preparative mesocycle and pre-competitive mesocycle (Table 3).

Table 3

**The structure of the training process' construction of qualified sportswomen in spring-summer preparatory period of the second macrocycle**

Cycle	The second spring-summer macrocycle								
Period	Spring-summer preparative								
Stages	General preparative					Specialized preparative			
Mesocycles	Basic 1		Basic 2			Control-preparative		Pre-competitive	
Microcycles	Two intensive	Recovering	Recovering	Two intensive	Recovering	Two preparative	Competitive	Preparative	Competitive

In the frame of control-preparative mesocycle (competitive mesocycle), the control competitions were planned. Also in pre-competitive mesocycle (competitive microcycle), the sportswomen took part in starts on the preparatory competition.

Summer competitive period included the first competitive mesocycle, pre-competitive mesocycle, second competitive mesocycle, pre-competitive mesocycle and the third competitive mesocycle (Table 4).

Table 4

**The structure of the training process' construction of qualified sportswomen in summer competitive period of the second macrocycle**

Cycle	The second spring-summer macrocycle						
Period	Summer competitive						
Stages	Competitive (preparatory and basic competitions)				Competitive (basic competitions)		
Mesocycles	Competitive 1	Pre-competitive		Competitive 2	Pre-competitive		Competitive 3
Microcycles	4 competitive	Preparatory	Preparatory	2 competitive	2 preparatory	Recovering	4 competitive

**Conclusions.** The analysis was made on the basis of structure annual macrocycle for qualified sportswomen. The athletes specialized in sprint. The concept of the training process was proved. The concept based on the main principles of the system's periodization.

The conducted analysis of the main structural elements of the training process for qualified sportswomen allowed to state that the national and international competitions' calendar and also the regularities of round into form were the main factors, which determined the structure and sense in the training process, especially in the pre-Olympic macrocycle preparation. Taking into account these factors in the third year season of preparation we can state about the model. The model of planning training process based on the two-cycle structured system of annual macrocycle for qualified sportswomen who specialized in sprint. In the end of macrocycle the main competitions were conducted.

**The perspectives of further research** in a given direction lies in further studying of the structure and content in the training process for sportswomen in Olympic macrocycle.

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