

REVIEW

of the monograph "*Strength training of young middle-distance runners*", author: Svetlana Svecła

High competitiveness in sports arenas encourages specialists to search for more effective technologies for preparing a sports reserve. Decades of increasing special performance in middle-distance runners have been associated with the manipulation of the effects of a remote group of means. For a long period, this gave its positive effect. Over time, the technologies used in training, determined by the "old school" methodology, have become less in demand due to the exhaustion of their resource. As a "panacea", the influences were positioned, mainly aimed at the development of LMS, speed-strength qualities, strength endurance. Soon this approach also exhausted its developing potential. Currently, attempts are being made to reformat the views on the training of middle-distance runners, including young ones. It should be noted that the declared corrections were made exclusively to the training of highly qualified runners, and the methodological support of the training process of young athletes only formally received the required scientific justification.

Occasionally, experts substantiated the significance of one or another component in the preparation of middle-distance runners, modifying it taking into account qualifications, gender and age. However, this reconfiguration of a provisioning rarely resulted in a transformation of its base version. The innovations recommended by specialists often had an ambiguous interpretation, as a result of which their interpretation was contradictory.

In the monograph, the author made an attempt to solve some of the above problems. It highlights a number of problems of training, in particular strength, runners for endurance race in the early stages of a long-term training. The monograph reflects information about: the determinants of the training of young runners

for middle distances, the content of the strength training of runners for middle distances, the organization of loads of a power nature in training cycles of various durations in the preparation of runners for middle distances, etc. The paper presents the methodology and technologies for normalizing motor tasks of a power orientation, the algorithm for realizing the problem of increasing the power potential in the annual cycle. The monograph "Strength training of young middle-distance runners" may be of interest to specialists in the field of sports training, doctoral students and undergraduates of specialized universities. The information presented in the development has a high degree of relevance and significance. The content of the manual is presented on 4.6 author's sheets.

The development contains a significant number of examples from the practice of training athletes and their interpretations. The foregoing allows us to hope that the information presented in the manual will be used not only by future, but also by current specialists.

It should be emphasized that the monograph is made taking into account the required level of scientific and methodological support. The author of the monograph has demonstrated the proper degree of professionalism. The disadvantages include the complexity of the perception of the text due to its unreasonable terminological burden. The style of presentation of information should take into account the level of knowledge of the target audience. The shortcomings identified during the review in no way affect the overall positive assessment of the methodological manual.

In conclusion, I consider it possible to note that the monograph by Svetlana Svecła

“Strength training of young middle-distance runners”, submitted for review, meets all the necessary requirements for publications of this kind, and therefore, it can be recommended for publication.

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