

PHYSICAL AND PSYCHOLOGICAL ENDURANCE TESTS IN TRACK AND FIELD

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Annotation: This article provides the information about the level of physical and psychological endurance of participants in the Track and Field. It analyses methods, and which help to strengthen endurance, and physiological stress factors which athletes can face to during the marathons and their influence on psychological stability. Moreover, the article explains the importance of special activities, which should be done in the process of preparation, dietary habits and mental preparation in details. The results of research present practical suggestion about improving the score of athletes and reduction on physical injuries.

Key words: Track and Field , Marathon , Physical endurance , psychological endurance , preparation, the management of stress, nutrition, sport physiology.

Introduction : Track and Field is the type of sport in which tests human physical and psychological capability. It is required that athletes should show the high level of endurance, concentration, determination in the process of running far distance. The ways of increasing the physical and psychological endurance level of participants and test methods will be discussed in this article.

Main body : Running on the marathon does not only mean passing the far distance , but it is type of sport which force athletes to get used to high amount of pressure on organism of them. Physical endurance plays important role in marathon results because it depends on the income of muscles , the system of heart blood vessels and taking breathe of athletes. The system of producing energy: Main weight puts on aerobic during the marathon because running takes long time. The Athletes ought to use glycogen stores at the optimal amount and know to take energy from body fat efficiently. At the same time, Anaerobic stores can work for short period at time of rapid voltage. The system of heart blood vessel, taking breathe and producing energy mechanisms of muscles during the marathon were studied at researches with impact of physiological parameters. For example VO₂ max (maximum consumption of oxygen), the influence of it on the marathon results was found. Producing energy, laktat levels in the research on running far distance were used as glycogen and body fat `s wellspring and its effects on tiredness were learned. The productivity of activity programs: It was experienced on the interval exercises, running for long time and anaerobic activities together.

VO₂ max test: It rates the system of aerob capability by identifying the ability of maximum oxygen consumption of athletes.

Laktat level: Examining the blood due to learning the limit of tiredness of athletes and delay of it.

The system of physical activities: It helps to rise the scale of running step by step and to strengthen the endurance of athletes on the process of preparation.

The success of participants relies on the dietary system that they follow. They should eat enough things which are rich in vitamin and mineral and fill glycogen stores during the preparations. It is advised to consume electrolyte solutions and water in order to save balance of liquid. Nutrition and consumption of liquid in marathon running are main causes of success of athletes The good system of dietary can help to manage efficiently energy stores, delay tiredness and make better general results during the preparation and match. Filling glycogen stores, consuming protein enough, supplying the balance of vitamin- mineral increase the endurance of

athletes. Keeping the balance of liquid improves management of body temperature and prevents from dehydration. Drinking liquids regularly, especially, beverages which are full with electrolytes helps to keep energy during the running. Efficient nutrition and the consumption of drinks supplies athletes with physical capability at the maximum level and declines the number of injuries. That is why, each participant should make discipline for their nutrition and consumption of liquid.

Mental stability, determination and self – confidence are vital in the process of running on the marathon. Mental fatigue might make trouble for physical capability during the marathon, so athletes should pay attention to their psychological preparation. The Athletes had better manipulate their own minds in order to overcome with stress, pain, and difficulties during the marathon. Motivational goals and self – confidence strengthen psychological endurance. Marathons are complex tournaments that test the physical and psychological capability of athletes. Psychological stability should be developed at as same time with physical preparation to get higher results. Methods and suggestions given in this article play active role in the achieving goals of athletes.

The ways of psychological preparation:

Visualization: Adapting to risky situations with the help of imagining the direction on the marathon in advance.

Meditation: Improving the mental stability and reducing stress.

The rule taking breathe: Concentration and self - esteem are efficient way during the running.

Mental trials: Psychological tests and the methods of managing tiredness are used to rate the endurance of athletes for the stress. For instance, they can get better scores via teaching them strategies about estimating the ability on the focus and dealing with the stress.

If the physical and psychological preparation work together, good results can be achieved. Participants could use their chances at maximum level with not only their body, yet, also mental preparation. Stress management and motivation: Researchers found strategies of dealing with stress, keeping motivation and mental stability efficient. The ways of mental preparation: strengthening psychological endurance was examined with help of visualization, meditation, taking breathe exercises. These technics were found as helper to keep focus and overcoming tiredness during the race.

Marathon running requires physical and psychological endurance rom athletes. Stress, pressure, exhaustion are big obstacles during the marathon that, dealing with them plays important role in getting success. Strategies and studies about stress management and development of psychological endurance on the athletes were analyzed in this article . The strategies of stress management:

1. Brain activities and meditation: Concentration and reduction of stress with the help of taking breathe techniques. Dealing with the stress via meditation and rising relaxation ability.
2. Visualization technique: Visualizing the process of race and imagining getting great results improve the mental preparation.
3. Pre-preparation for race. Organizing complex trainings by trainers can help athletes to adapt stress. Experiencing race at real atmosphere in advance.
4. The support of team members and trainers: Strengthening the self- confidence with the help of awards and direct conversation with their trainers. Feeling the public support via improving partnership ties.

Researches show that if athletes have higher level of psychological endurance, they can get better results on running marathons. They can make better their ability to overcome with tiredness by using positive techniques for stress management. Exercise which are related to the brain help athletes to keep their motivation above and bring down worries about race. Psychological endurance and stress management are the success key. Athletes can not only get better results with

broadening their horizon and having more experience, yet, they can enhance their self- confidence and enjoyment. According to consequences of studies, trainers and athletes should put psychological endurance at the same place as importance with physical endurance. Psychological endurance and stress management can play main role in achieving their goals. These experiences help athletes to overcome difficulties which appear during the marathon, to concentrate, to keep motivation in inner side. Studies show that brain activities, visualization techniques, stress management methods have considerable influence on the results of athletes. Therefore athletes and trainers should focus on psychological preparation as well as, physical preparation. With the help of this, results of athletes can not only be made better, but also, self- confidence of them could be strengthened during the marathon.

Discussion:

Marathon running is the type of sport in which physical and psychological capability of human body can be tested that, success completely depends on preparation of athletes. The strategies of strengthening physical and psychological endurance were studied in this research. First of all, balancing aerobi and aerobic exercises are vital to reinforce physical endurance. Researches show that, running far distance and interval activities can enhance endurance and reduce risks of injuries. In addition, organizing dietary habits and balancing liquid consumption, running are essential to increase productivity. Secondly, psychological preparation is a factor which has huge impact on results. Psychological methods: stress management, enhancing self-esteem and concentration reinforce efficiently the results of athletes. Motivation and mental preparation of athletes are important to keep running ,in this case visualization and meditation techniques can work better

Discussion presents that physical and psychological preparation depend on each other so both of them should be paid same attention. But psychological factors are not often learned enough or neglected. That is why, athletes should also fit in mental activities. Studies about improving psychological preparation by researching strategies of stress management and keeping motivation in details should continue in the future. So, athletes ought to be ready not only physically, yet also mentally. Combination of them is the key for success.

Conclusion: Track and field is the type of sport in which physical and psychological capability of athletes can be examined. Useful and productive strategies of strengthening physical and psychological endurance of athletes have been analyzed in this article. The importance of paying attention to nutrition and consumption liquid has been identified. Besides, efficiency of stress management, motivation, mental preparation techniques to reinforce psychological endurance has been confirmed. combination of physical and psychological preparation is essential. The endurance of athletes can be enhanced and danger of injuries could be declined with help of both factors.

Suggestions:

1.Suggestions about physical preparation: The program of training should be planned individually. Balancing aerob and aerobic particles. Adding enough vitamin, mineral, proteins and glycogen to nutrition. Using drinks which are rich in electrolytes to keep liquid balance.

2. Suggestions about psychological preparation: Imposing visualization and meditation techniques in order to reduce stress. Creating strategies about identifying personal goals and achieving them to make them motivated. Making special time for mental activities and working with psychologists

3. Research and improvement: Monitoring regularly the level of endurance of athletes by using new technologies and methods. Creating innovative techniques about combination of physical and

psychological preparation. Higher results and extent of preparation can be enhanced based on them.

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