



## **PREPARATION OF SHORT-DISTANCE PARALYMPIC ATHLETES FOR COMPETITION**

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### **ABSTRACT**

*This scientific article aims to study the main elements involved in the Paralympics. By analyzing the training techniques, necessary adaptations, and mindsets of these athletes, we can better understand the challenges they face and the strategies they use to succeed.*

**KEYWORDS:** *Paralympics, strategy, weightlifting, high-intensity interval training, running.*

The Paralympic Games have emerged as a platform for athletes with disabilities to showcase their extraordinary talent and determination. Among the various disciplines, sprinting has gained a lot of attention due to its high intensity and exciting nature. The training required of Paralympic short-distance runners is unique and demanding given the physical handicaps they face. Understanding the training process not only provides valuable insights into the physical abilities of Paralympic runners, but also sheds light on their indomitable spirit and resilience.

In the process of preparing for the competition, physical training plays an important role in improving the Paralympic short-distance performance. A well-designed training program focuses on specific areas such as strength, speed, agility, and endurance that are critical to achieving peak athletic performance. Strength training, including resistance training and weightlifting, is aimed at developing the muscles needed for explosive movements during sprinting. Speed training, including interval and repetition training, increases runners' maximum speed, allowing them to reach top speed more efficiently and sustain it for longer. In addition, agility training improves athletes' ability to quickly change direction and maintain balance during a race, and finally, endurance training through long-distance running and high-intensity interval training helps runners develop aerobic capacity, enabling them to perform at longer distances and durations. That's why a comprehensive fitness regimen is crucial in preparation for the Paralympic short-distance events, ensuring optimal performance on the field.

Psychological preparation for Paralympic short distance runners is critical to their overall success in the competition. Athletes in this category face unique challenges due to their physical disabilities, which require a tailored approach to their mental preparation. One of the important aspects of their psychological preparation is the development of a strong sense of self-confidence and self-confidence. Short-distance runners not only have to overcome physical obstacles, but also the social stigma surrounding their disability. By developing a positive mindset, athletes can develop a strong belief in their abilities and overcome any doubts or negative thoughts that may arise. Also, mental toughness is essential to deal with the pressure of competition.

Psychological Preparation for Paralympic Short Distance Runners In addition to physical training, preparing Paralympic short distance runners for competition should also include careful attention to their nutritional needs. Because the demands of sprinting are extremely taxing on the body, proper fueling and hydration are essential to optimize performance and recovery. First, it is necessary to consume sufficient carbohydrates to ensure sufficient glycogen stores in the muscles, which serve as the main fuel source during high-intensity exercise. Short distance runners need to eat a diet rich in complex carbohydrates such as whole grains, fruits and vegetables to meet their energy requirements. In addition, protein intake should be sufficient to support muscle recovery and growth. Research shows that consuming protein post-workout can enhance recovery and contribute to better training adaptations. In addition, proper hydration is essential for optimal performance. Fluid requirements should be adjusted according to individual sweat rates and environmental conditions to prevent dehydration and electrolyte imbalance. By addressing these key nutritional issues, Paralympic sprinters can optimize their training and fuel adequately for competitive success.

Another important aspect of preparing Paralympic sprinters for competition is technical training. Technical training focuses on refining and improving the specific skills and movements required for optimal performance in short distance running events. This training not only focuses on improving general Sprint technique, but also addresses unique challenges faced by athletes with physical disabilities. Different modifications and adaptations may be necessary to meet the different needs of Paralympic runners. Some key areas of technical training include stride length, stride frequency, starting technique, acceleration, deceleration, change of direction,



and sprint mechanics. Coaches and trainers work closely with athletes to identify areas of improvement that can lead to marginal increases in time and performance. Using video analysis and advanced motion-tracking systems, give expert athletes detailed feedback and help them make the necessary adjustments to their running. This technical training plays a crucial role in enabling Paralympic sprinters to reach their full potential and compete at the highest level in international competitions.

### **SUMMARY**

In conclusion, the successful preparation of Paralympic sprinters for competition requires a comprehensive and individualized training program that covers all aspects of their physical and mental abilities. Athletes should undergo specific strength and power training to improve muscular strength and explosiveness, as well as regular endurance training to improve cardiovascular fitness. In addition, runners should participate in regular Sprint training to improve their technique and increase their speed. In addition, proper nutrition and hydration are essential to optimize performance and recovery.

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