

# Following phased endurance exercises in the development of some biometric capabilities and the completion of the 800-meter youth run

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## Abstract

The main special endurance exercises in the game to develop biometric capabilities related to the possibility of determining the severity of training, where the researcher noticed a decline in the level of achievement so the exercises were prepared with special endurance and developed all the possibilities to improve performance through the development of biomeal capabilities to develop achievement in competitions International, because this event has become one of the fast events relatively long, and the goal of the research is to prepare endurance exercises for stages in the development of some biometric capabilities and the completion of the run 800 meters young, and the researcher used that the experimental method of tribal and remote testing for the experimental and controlling groups, The research community identified the 10 players of the 800m event for the Specialized School of Talent Care for the 2021 training season, as the research sample was selected in a comprehensive inventory style and the sample was divided into two experimental groups and The control group and the reality (5) players for each group and the endurance exercises were applied for stages on the experimental group and for (8) weeks and in reality of three training units per week and used the statistical bag SPSS to process data and get results, from which the researcher reached the most important conclusions that the endurance exercises of stages have a positive effect in the development of some biometric capabilities and the completion of the run 800 meters youth.

**Keywords:** Special endurance exercises, biometric viability, 800m achievement

## Introduction

The main special endurance exercises in the game are for the development of biometric capabilities that relate to the possibility of determining the intensity of training, and therefore we note that there have been amazing achievements in the level of athletics at the global, Asian and Arab levels and through the modern training methods used, When performing his daily training, which depends on the stages of the distance of the race to partial training distances and applied in a field and practical manner according to the components of the training load directly regulated to develop the biomarkers associated with the achievement of this competition in terms of important physical indicators that are related to the physical effort characterized by the endurance directed by the rider during the performance of the units Training and competition, hence the importance of studying research in the use of training at the stages of race distances and the impact on biometric capabilities, which has its basic divisions effective of the foundations, features and requirements of completion of the competition (800 meters) with the events of physical adjustments in the performance of work and effective physical effort for this type of sports activity.

## Search problem:

The training programs are prepared scientifically and thoughtfully so that their goal is to develop the levels of sports, and the percentage of this development varies from one program to another in terms of the goal, so the trainers resort to preparing training programs based on a scientific basis developed to give the athlete biomeability related in terms of adaptation Physical with special endurance abilities (carrying strength, speed tolerance and performance speed), where researcher Tan observed a decline in the level of achievement, so exercises were prepared with special endurance and the development of all possibilities to improve performance through the development of biometric capabilities to develop achievement in international competitions, Because this event has become a relatively long fast event.

## The top scorer of the search:

- Preparing endurance exercises for stages in the development of some biometric capabilities and the completion of the 800 meters youth run

- Learn about the endurance exercises for stages in the development of some biomeal capabilities and the completion of the 800 meters youth run

#### Search duties:

- The endurance exercises for stages have had a positive impact on the development of some biometric capabilities and the completion of the 800-meter youth run

#### Areas of research:

- **Human Field:** Players of the 800m Youth Event Specialized School for Talent Care Baghdad Province for the 2021 season
- 1/ 3/ 2020 20 / 5 / 2021 .
- **Spatial area:** The Stadium of the Ministry of Youth / Baghdad Province.

#### Search procedures

The researcher used the experimental approach with the tribal and remote test of the experimental group and the control group to suit the nature of the research.

The research community was identified as the players of the event (800 meters) in the specialized school for the care of talent in Baghdad province for the youth category for the sports season 2021(10)runners, and divided the sample into two groups experimental group and the control group and actually (5) players for each group

The homogeneity and parity procedures for the sample were carried out and the results were:

Table (1) shows sample homogeneity

Variables	Unit of measurement	Arithmetic medium	Broker	For standard deviation	Twisting plants
Length	poison	168.11	17	4.441	0.611
Weight	Kg	68.54	66.40	6.672	0.534
lifetime	year	17.72	17	5.594	0.732

Table(2):Shows the computational circles, standard deviations,calculated t values and the indication of differences in the tests researched between the experimental and controlled groups in the tribal test

Variables and tests		Group	Q	± P	(t) Calculate d	Error level	Significance
1	600mspeed	Experimental	1.30,00	5.876	5.651	0.621	random
		Officer	1.32.01	4.543			
2	150m power, exchange and stability.	Experimental	26.01	6.664	3.543	0.431	random
		Officer	27.12	3.741			
3	1000m performance	Experimental	2.48.02	4.542	7.471	0.512	random
		Officer	2.50.01	2.783			
4	Achievement 800meters	Experimental	1.59.01	4.432	7.752	0.541	random

Variables and tests	Group	Q	$\pm P$	(t) Calculate d	Error level	Significance
	Officer	2.00.12	3.671			

\* Moral at the indication level (0.05) if the error level is smaller than (0.05).

#### The tools and tools used in the research were:

- Technical observation and experimentation, tests and measurements, analysis of data for the competition 10 cones at a height (20) cm, legal athletics stadium, stopwatch number 4, different measuring tools,
- 3. A laptop.

#### Tests used:

- 600ms speed (Shaker Mahmoud Al-Sheikhly:2001, p. 56)
- Carrying the force 150 meters exchange arguments (Mohammed Osman:1999, p. 21)
- Performance 1000 meters (Hisham Majestic:1992, p. 34)
- Completion of 800 meters (Mohammed Osman:1990, p. 121)
- Tribal Tests:** The researcher conducted the tribal tests at the Ministry of Youth Stadium specialized school of athletics on Tuesday, 2/2/2021.

#### Exercises used in research:

The training program was launched on 6 February 2021 to 5/4/2021.

- Duration of training in weeks: (10) weeks.
- Total number of training units: (30) Training unit.
- Number of weekly training units: (3) units.
- Weekly training days: (Sunday-Tuesday-Thursday).
- Training method used: High intensity fitri training method.

**Remote tests:** After the completion of the training program, the research tests were conducted on Wednesday, April 7, 2022. In the stadium of the Ministry of Youth Specialized School of Athletics

#### The researcher used the exercises

**Table 3: Exercises used in research**

Days	Exercise	Hardship	Comfort between		Total size
			Iteration	Totals	
Sunday	200pm×6+ 300pm×5	80%	2D	5D	2700m
Tuesday	500pm×4+ 600m×3	80%	2D	6D	3200m
Thursday	1000×3 + 1200×2	80%	4D	5D	5400m

**The statistical means of research:** The BaywTan has used the statistical bag (SPSS) to find the appropriate statistical treatments.

#### Results

The results of the experimental and controlled groups were presented in, analyzed and discussed variables, as well as the results of the differences between the tribal and remote tests of the experimental group in the variables researched and analyzed.

**Table (4)**

Shows the differences in computational circles and its standard deviation and the value(t)and the indication of the differences between the results of thetribal and remote tests of the two groups searching the variables in question

auditions	Group	Tribal test		Remote test		t ق يمة Calculated	Error level	Significance of differences
		Q	on	Q	on			
600 meters.	Experimental	1.30.03	4.216	1.29.01	2.654	3.496	0.003	Slab
	Officer	1,32.01	3.432	1.30.00	4.743	6.671	0.008	Slab
150m strength and stability	Experimental	26.01	6.471	25.04	2.564	5.674	0.006	Slab
	Officer	27.12	5.763	26.08	3.412	7.433	0.003	Slab
1000m performance	Experimental	2.48.02	4.631	2.47.00	4.832	6.731	0.006	Slab
	Officer	2.50.01	8.742	2.49.11	3.573	8.652	0.003	
Achievement 800meters	Experimental	1.59.01	5.342	1.58.00	4.823	4.831	0.004	Slab
	Officer	2.00.12	3.761	1.59.07	4.531	6.732	0.005	Slab

\* Moral at the level of significance (0.05)

Table (5)

Shows the differences in circles and the value(t)and the level of error and the indication of the differences between the results of the remote test of the two groups searching the variables in question

auditions	Demo		Officer		t ق يمة Calculated	Error level	Significance of differences
	Q	on	Q	on			
600mspeed	1.28.05	2.443	1.29.12	4.564	4.653	0.004	Slab
150m strength and stability	24.07	3.891	25.10	3.221	3.431	0.003	Slab
1000m performance	2.47.00	3.652	2.49.03	6.752	4.843	0.000	Slab
Completion 800 meters	1.57.00	4.971	1.58.56	5.872	4.632	0.002	Slab

\* Moral at the level of significance (0.05)

**Discuss the results:**

The results of table(4,5) show that there are moral differences in the research variables between the tribal and remote tests of the research groups and in favor of the remote test, and the researcher attributes that the development in biometric capabilities of the members of the experimental group indicates that the special endurance exercises are effective in developing the achievement of 800 meters as the training of this group characterized by training style My own (according to the target time) on a very high adjustment in the muscle groups working in the resistance to fatigue and endurance on such tests because they were originally relied on distances that are slightly lower than the distance of the race and therefore it gives a achievement obtained to perform the distance more repeats than the performance of the test itself, which gave a positive return in the level of tolerance of special performance (Saleh Shafi al-Atha 2011, p.260). No effectiveness can be achieved without the development of special endurance and its integration, which in turn affects the development of organic devices and their willingness to perform in distinct proportions, and the overall endurance is linked to maintaining the ability of the high and appropriate level during performance that the good rider in the middle araks must be durable and fast. On this basis, training in the duration of special preparation and competitions by focusing on speed training while maintaining what has been achieved in the endurance in the general and private numbers (Bastosi Ahmed: 2005, p.150), that the nature of the training to which they are subjected, which is mainly aimed at developing biometric viability because it is one of the basic responsibilities that must be developed by Middle-distance runners, in addition to the daily jogging exercises and repetition that help to develop their endurance, as no effectiveness can be achieved without the development of special endurance and its integration, which in turn affects the development of organic devices and their willingness to perform in distinct proportions (Khairia Ibrahim and Mohammed Al Sayed: 1997, p.335), as it was found that athletes who practice endurance sports and practice Air and anaerobic drills have large hearts and this is the result of the type of exercises and their specificity as practiced by the experimental group, which worked to have the number of strikes during the effort economically to ensure a larger heart rate and an increase in the amount of blood necessary for muscle functioning. During the stages of the beginning of the race, which require an effective start, and during the stage of maintaining the speed gained, and also during the end stage of the race that requires increased rhythm in order to achieve a good result (Bahauddin Ibrahim Salameh: 1999, p. 18-19).

**Conclusions:**

1. Since the 800-meter run depends on a basic degree of special stamina, it has emerged that these biometric abilities have evolved for both groups in remote tests as a result of the two groups undergoing their own training.
2. The exercises used by the pilot group were effective in developing the achievement of this group compared to the achievement achieved by the control group.

**Recommendations**

- 1- Continue to train the experimental research sample so that their levels can be rapidly upgraded to advanced and distinct levels if the training is well monitored for the components of the training load.
- 2- Emphasizing age groups as an important factor that should be taken into account in the long-term development of these groups for medium- and long-term activities.

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