



## SPORT TRAINING CHARACTERISTICS OF YOUNG CYCLISTS

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### ABSTRACT

The purpose of this theoretical study is to reveal the peculiarities of preparation in young cyclists. The study was conducted using the methods: study of literary sources and documentary materials, theoretical analysis and synthesis. Analysis of results. Sports cycling training is a multi-year process requiring long and hard work with young cyclists, who are a reserve of high sportsmanship.

Conclusions. Based on the theoretical analysis, we can draw the following generalized conclusions: From the proper planning and implementation of the training loads depends on reaching a good sports form from children, adolescents and girls to men and women preparing to participate in international competitions and to reach the level of sports mastery.

**Key words:** cycling, synthesis, children, description

### INTRODUCTION

In modern sport development we find tendency towards constant decrease of age in which organized training process starts, and hence readiness for high level sport results at an earlier age. This trend places great demands on young and not quite strong yet organism.

Sport training in cycling is long-term process that requires long and hard work with young cyclists which are reserve for future elite sport. (1).

One of the main circumstances determining positive development of sport result during multi-annual training process is the gradual increase of training load and volume from year to year. Methodological state determines, first, the general dynamics of training process impact in the scale of multi-year training. Training effects parameters must correspond to the increased morphofunctional capabilities of cyclists and to

consider the regularities for achieving high sportsmanship (1)

The aim of the following theoretical study is to reveal characteristics of young cyclists training process.

### METHODS

The research was conducted applying the following methods: study of methodical literature sources and documents, theoretical analysis, and synthesis.

### RESULTS

Permanent monitoring and assessment of training level of cyclists and teams allows for immediate regulation of training programs, training process improvement and improvement of specific sport performance. All this is of a great importance when it comes to adolescents' athletes who are a reserve for elite sport (2).

According to Rachev Kr. (1) when conducting multi-annual training process, the following specific principles must be observed:

1. Training process continuity: complexity in physical abilities development; strict training load dosing and wavy alternation of training

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volume and intensity; unity of general and special training means; training process cyclicality.

2. Training process organization and methodology, selection of training means, volume, and intensity – based on age specifications and growing organism patterns.
3. Problems considering the training process should be considered from the position of unity and interdependences of healing, educational (motor) and educational tasks.

From a social, physiological, and sport-pedagogical point of view, it is not insignificant to assess influence of extensive training load on health, physical development, and functional status of young athletes. Before proceeding to specific training activity, it is necessary to clarify and study the basic patterns of multi-annual training process. This pattern is determined by: formulating tasks, determining the means and methods of training during various stages of the training process; ration between age and components of training process during stages; development of pedagogical and methodical-biological bases for standardization of training and competition loads depending on age, sex, typological characteristics, athletes qualification and sport specifics (4).

Nowadays, training of children and adolescents is based on the fact that training process from childhood to elite cycling is a complete process, proceeding according to the basic laws of sport result development. When planning multi-annual training process, coaches must take into account the defined logic of the impact continuity. The general trend of this process is characterized by gradual modification in ration of means for physical training (PT), and special physical training (SPT) in the multi-annual training process. Violations of this general law prevents the achievement of potentially possible maximal sport results for the cyclists. (1)

Adolescent's training process is divided into training for beginners (characterized by laying solid foundation of sport readiness) and training for advanced athletes (characterized by sport orientation to sport or discipline. (5)

Martin D. (6) determined that training process for children and adolescents until the age of elite sport is reached should be divided into three stages, presented in functional sequence.

The first stage is aimed at “comprehensive psychomotor initial training”.

The second stage is characterized by the “beginning of specific training”.

The third stage is notable by “emphasis of specific training” in order to consistently develop the defining results of basic motor abilities, rapid increment of training load and constant participation in official competitions.

Sport training process of Bulgarian cyclists goes through four separate stages:

- preliminary sports training stage – 10-11 years old.
- initial sports training and specialization – 12-16 years old.
- sport development and early sport mastery – 17-18 years old.
- elite sport.

The brief overview reveals that in determining age limits of child and adolescent training process periodization we cannot use general methodological criteria for development but must be consider athletes' individual development. The duration and children and adolescent training period and its consistent distribution of periods, stages and cycles is not precisely determined, but is determined by the specifics of cycling as sport, methodology and individual data.

Great number of coaches find it difficult to answer what is the difference between training process of youth and adults' athletes.

Training for children should be dosed more carefully, training volume must be lower compared to adolescents and adults. Exercises that overload the passive muscular and skeletal apparatus must be avoided – this is valid for strength training, which must be used very carefully in the training process or not used at all. Competitions should not be very difficult, and the frequency of participation must be much lower compared to adults. (6, 7)

Based on experience and practice (6) hypothetically formulates the following characteristics of training process for children and adolescents.

1. Children training is not reduced in volume and intensity adolescent or adult training. It differs from them in many ways: systematically changing training goals; adaptation of training methods and content to current psychophysical development status; the training periodization is in accordance with the conditions of school and home environment.
2. Adolescent training is no longer children training but is not the same as the training process for adults, which differs in different training tasks; adaptation of methods and means to characteristics of development.

Based on these principals, the author proposes a hypothetical training model for children and adolescents.

Thus, the overall concept of training process for children and adolescents consists of systematically arranged tasks depending on the functional maturity of the athlete (6; 8). This process depends on the specific requirements of the respective discipline, as the requirements for training of young athletes in different disciplines are obviously different. The patterns depend on the degree of functional maturity. This is because the performance of various coordination and conditioning tasks requires certain level of functional maturity, through the interaction of natural processes of maturation on the one hand and the influence of factors – environment and movement, on the other hand.

Therefore, certain sport results cannot be achieved before a certain moment of development is reached, as the required level of functional maturity has not been reached. On the other hand, this process cannot develop properly if the training means do not meet development requirements. The development in childhood and adolescence is not only a process of socialization, but regulated expansion of functional maturity.

Most mistakes are made in the so-called “forced training” of children and adolescents, which is a result of a reduced training model for adults. This means that boys and girls training without taking into consideration the specifics and patterns of

the training process valid for adolescents, for only one reason – to that they can quickly get involved in competitive activities.

From the review of the characteristics and problems of cyclists training process in children and adolescents age group, we can note the following important criteria for systematization:

- First – sport characteristics and requirements.
- Second – development of functional maturity patterns.
- Third – pace of individual development.

Training goals, although relatively independent of age, are not limited to training methodology and contents. They are determined primarily by the morphological and physiological characteristics of adolescents’ body and individual rate of motor abilities development. Without their detailed study, taking consideration by coaches, and setting realistic goals for each stage of the training process, it is difficult to achieve success when working with children and adolescents in cycling.

Y. Krylatykh and S. Minakov (9) point out the age period from 19 to 25 years as the most successful in terms of sport realization in cycling. This period is preceded by long multi-annual training process started at the age of 12 years.

Training in cycling is becoming more and more an exact science. Fortunately, this so-called science of “body and spirit” does not reduce the joy and satisfaction of cycling training process and competitions, as it gives to the sport new depth and fuller meaning (10).

## CONCLUSION

Based on the theoretical analysis, we can draw the following generalized conclusions:

From the proper planning and execution of training loads depends the level of sport realization in the age groups children, adolescents, youths, men, and women competing on international level and reaching elite sport.

We believe that this study must find its future development, following the trends of world elite cyclists in the adolescent age group.

Also, a study of a similar nature by Bulgarian cyclists would lead to the revealing of potentially new aspects of sport result improvement.

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