

Sports Training of Sprinters at the Stage of Training

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Abstract: The system for constructing a one-year cycle of sports training of sprintathletes has been studied. The efficiency of using a block system for building the training process with the distribution of the training load of various preferential orientationof sprint athletes is shown. It was noted that for the effective organization of runners'training in short-distance running in the one-year training cycle, it is necessary to:

- identify the real values of the annual amount of the training load performed by sprinters;
- to study the distribution of training load volumes of various preferential orientation in micro- and mesocycles of their training.