

The Analysis of the Track and Field Physical Training Approaches

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ABSTRACT. *The improvement of track and field performance depends on the comprehensive improvement of track and field athletes' physical fitness, and track and field athletes' physical fitness includes both physical strength, endurance, and speed, as well as physical sensitivity, coordination, and flexibility. Therefore, for track and field, the athletes' physical training must be a comprehensive and targeted unity. Starting from the author's own work, this paper discusses the track and field physical fitness training approaches and related strategies to improve the training effect, hoping to promote the overall improvement of track and field physical fitness training level.*

KEYWORDS: *Track and field, Physical fitness training, Approaches, Promotion strategy*

1. Introduction

Track and field is one of the earliest and most popular sports in human history. With the continuous development of human society, athletes' basic physical qualities continue to improve, supplemented by more scientific and effective physical training methods. Therefore, humans' track and field performance has been significantly improved [1]. At present, track and field sports have become a part of the global sports industry. While exploring the limits of the human body, it also stimulates the development of the global economy. The improvement of track and field athletes' performance has become a hot topic that is widely concerned by the industry and society. Scientific physical training is the basis for guaranteeing athletes to achieve excellent competition results. For this reason, constantly overcoming the unscientific and unreasonable problems in physical training and achieving the innovation and scientific improvement of physical training methods have become the primary issues in the development of track and field in China. In my opinion, systematic track and field physical fitness training includes both general and basic physical training, as well as special physical training such as strength training, endurance training, and speed training. It also includes special training that are required by special events. The improvement of training efficiency and training results can be achieved by starting from the physical fitness of track and field athletes, engaging in projects, and by making training arrangements based on people-first.

2. The Track and Field Physical Fitness Training

2.1 Preparing for Physical Training

Before the start of formal physical training, we must pay attention to doing sports preparations. Scientific sports preparations can increase the muscle temperature of athletes, increase muscle extensibility, and mobilize the excitement of the nervous system of athletes, so that athletes can gradually adapt to follow-up physical training rhythm to prevent sudden training's risk of physical injury increase. In general, physical training preparations for track and field sports include, but not limited, stretching exercises, warm-up exercises and relaxation exercises. Stretching is mainly to overcome the stickiness of some muscles and to awaken the vitality of muscles. While warm-up exercises such as jumping, jogging and acceleration running are to better mobilize the athletes' heart and lung function and the reflex efficiency of the body system, so that athletes can adapt to the rhythm of follow-up training to prevent insufficient energy supply to the body [2].

2.2 The General Physical Training

General physical training, different from special physical training, aims to promote the overall improvement of track and field athletes' physical fitness. General physical training can take care of the overall development of track and field athletes' physical fitness, organ tissue, nervous system, muscle strength, etc. it overall plans endurance training, strength training, balance training, flexibility training, etc. but do not specifically emphasize one of them, so it can be said that general physical training is like the "foundation" of the building, which is the body that supports the special development of track and field athletes. The foundation is also an important guarantee for promoting athletes' athletic ability, athletic performance, and effectively avoiding sports injuries [3]. Generally speaking, general physical training should also pay attention to a step-by-step process, emphasizing the continuous control and adjustment of the basic training proportion with planning and purpose, which will help to adjust the innate physical shape of track and field athletes and to improve the overall athletic quality.

2.3 The Special Physical Training

2.3.1 The strength Training

Different track and field events have different targeted requirements for athletes' physical fitness, but overall, athletes' physical fitness and muscle strength are the keys to helping track and field athletes achieve excellent results. For this reason, the special physical training for track and field athletes must first emphasize the enhancement of physical strength. Generally speaking, strengthening core strength training and muscle group training is the main way of strength quality training. The combination of auxiliary training with dumbbells, barbells, sandbags and other equipment, side-lifting, squats, repeated designated no-device movements, etc. can effectively improve the control power of muscle contraction and relaxation, thus helping track and field athletes use strong muscle power to drive the body's bones, which can complete the core technical points of sports, and achieve the improvement of sports performance.

2.3.2 The endurance Training

In track and field events, especially some long-distance or many-time track and field events, athletes fatigue is often an important reason for limiting performance improvement. Therefore, good endurance is also one of the physical qualities that track and field athletes must have. The main theoretical basis of special physical endurance training for track and field athletes is to use long-term energy-consuming exercises to improve the athlete's body's autonomous regulation of the release of power, thereby extending the continuous working time of muscles and energy and achieving gradual improvement of physical fitness [4]. In endurance training, long-distance running is undoubtedly the preferred method, especially the long-distance jogging, which can make the athletes' body muscles and organs better adapt to the energy consumption in sports, and ensure that the athlete's endurance is improved with a stable energy supply. In addition, you can also use weight-bearing cross-country, swimming, cycling and other sports to improve the cardiopulmonary function of athletes.

2.3.3 The speed Quality Training

Speed, known as the soul of track and field sports, the speed quality of track and field athletes includes both the athletes' body's ability to quickly move, that is, the speed of movement, and the body's ability to respond quickly to external stimuli, that is the ability to quickly complete sports actions [5]. In the physical fitness training, speed quality training is generally carried out by sprinting or high-speed flying. In order to achieve more effective, you can also apply weight to the athlete's legs to increase the stimulation of the leg muscles and increase the athletes' muscle explosiveness.

2.4 The Special Ability Training

Athletes' body sensitivity, coordination, flexibility, balance ability, etc. are all important components of track and field athletes. Therefore, training these special abilities is also an important content of track and field physical fitness training. Through a variety of training methods and the combination of aerobic and anaerobic exercise, it can effectively adjust the athletes' body posture and skills, fully stimulate the athletes' innate genetic potential, and thus systematically improve the comprehensive athletic quality of track and field athletes to achieve certain competitive goals.

2.5 The Relaxation Activities

Relaxation is an important part of physical adjustment after physical training, and it is also an indispensable part of physical training. Many athletes and coaches do not pay attention to the positive effect of relaxation on the recovery of athletes' physical skills, so they do not pay attention to the methods of relaxation innovation, which is a very big training mistake. In the physical fitness training of athletes, through scientific relaxation activities, it can ensure that the internal organs continue to work for a period of time after exercise, thereby making up for the athletes' large amount of oxygen consumption in the intense physical training in the early stage, and ensuring the stability of the athlete's blood pressure and body blood supply [6]. In addition, with the help of relaxation exercise, the athletes' body muscles can be effectively relaxed, and creatine gradually drops to normal levels, which can avoid physical discomfort.

3. The Strategies for Improving the Effectiveness of Track and Field Physical Fitness Training

3.1 Understanding Athletic Training from a Comprehensive Perspective

The most important thing for track and field physical fitness training is to improve the athlete's ability to run and jump, but in training, we can not only limit the improvement of the ability to run and jump, but from the perspective of comprehensive physical fitness, more consideration should be given to the athlete's body, the improvement of coordination, flexibility, and even psychological qualities, which have greatly affected the final performance of track and field athletes. For this reason, coaches and athletes must have a comprehensive and comprehensive understanding of track and field physical fitness training, constantly find shortcomings in ability in practice, and make targeted breakthroughs.

3.2 The Innovative Athletic Training Methods

In order to reduce the dullness and fatigue of track and field physical training, we should constantly innovate training methods. On the basis of theoretically proven feasibility, with flexible training methods and rich and diverse training equipment, expanding the difference between training content, to give athletes full physical exercise, which also enhances the fun and overall efficiency of training.

4. Conclusion

For track and field athletes, good physical fitness is the basis for achieving excellent results. Good physical fitness depends on scientific training methods, which shows the value of physical training in the development of China's track and field career. Therefore, we should comprehensively promote the scientific and personalized physical training, and constantly innovate the physical training methods of track and field athletes, so as to fully tap the physical potential of athletes and achieve faster development of China's competitive sports.

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