

# **Analysis on the Key Points of Physical Training of Speed and Strength in Modern Track and Field**

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**ABSTRACT.** *Track and field is an important component of sports, including men and women's walking, throwing, running and jumping. On the road of sports development in China, it has won a lot of honor for our country, so the current reform of the training methods in track and field area has become an inevitable trend. This article will analyze and explore the key points of physical training of modern track and field sports in the category of speed.*

**KEYWORDS:** *Track and field; Speed and strength category Item; Physical training*

## **1. Introduction**

Track and field is an event with more than forty sports, which occupies a relatively large proportion in sports development. However, compared with other countries, the start of sports in China is not strong enough in this respect, and the training system is not sound enough. In a new field, strengthening physical training can cope with higher-intensity sports, and only by continuously improving the level and physical fitness of athletes can we achieve better results in track and field.

## **2. The importance of physical training in track and field**

With the increasing social awareness of sports, especially for track and field athletes, in order to ensure the athlete's physical fitness, physical training must be continuously strengthened to meet the requirements of competition. Although physical training can keep the athlete's physical in good condition, it is also necessary to pay attention to the physical and psychological changes of the athlete during training, which has a direct impact on the effect of physical training. Therefore, it is necessary to formulate a scientific and reasonable training plan during training, and adjust it in a timely manner in accordance with the athlete's own physical condition. The most basic requirements of track and field are speed and strength, so these two points should also be used as starting points in daily training. Physical training is not only a simple concept, but also a manifestation of

the overall qualities of athletes. Because the process of athletes' physical training is relatively boring, a single action requires continuous training to achieve the goal. Therefore, athletes should be trained according to individual differences in different indicators, such as athletes' psychological, physical, and morphological training.

### **3. Characteristics of physical training in track and field**

Track and field athletics training characteristics mainly include integrity and specificity, combining integrity and specificity, group training is mainly for the integrity of athletes, the object is for the integrity of track and field athletes, not for individual athletes.[1] In addition, in the process of training, athletes must strengthen their psychological quality in addition to physical training, and give full play to the positive role of track and field athletic group training. From the perspective of long-term development, track and field speed and strength group ability training mainly refers to strengthening the athlete's own speed and strength on the basis of the athlete's original physical fitness, and enabling the athlete to show this during the actual competition. The fundamental purpose of speed and strength physical training in track and field is to use a large number of repetitive methods to obtain the ideal training effect. At the same time, the effectiveness of track and field speed and strength physical fitness training is also directly related to the athlete's own physical indicators. This means that factors such as the height and weight of athletes and the distribution of muscles will affect the physical fitness training effect of track and field speed and strength.

### **4. The key points of sports speed and strength physical training in modern track and field**

#### ***4.1 Combination of physical training and special training***

In general, during the training phase, athletes will combine physical training with special training according to strict professional training methods and different training subjects. With physical training as the premise and guarantee, athletes' special training can be more effective, and some special training items can be integrated into the physical training process. During the training process, athletes must set training goals. After reaching the training goals, they must quickly recover their physical fitness and maintain a good physical fitness to achieve better performance in the arena. And physical training is only the basic skills in the training phase. After entering the group training phase, the goal of special training is the real training purpose.

#### ***4.2 Pay attention to combination training at the technical level***

During the training process, athletes must strengthen their technical training in accordance with their physical characteristics. In technical training, they must pay

more attention to the reasonable allocation of physical fitness. In actual training, the differences in each special sport are obvious, and the athletes must be proficient in each of the essentials of their special training. In the stage of developing the event group training, the requirements for actual training are very high, especially in terms of movement, and two-level linkage should be maintained. Generally speaking, the athletics arena is very strict in terms of continuity and connection of athletes' movements, which has a decisive factor even for the entire game .[2]

#### ***4.3 Strengthen the athlete's technical movement training***

Track and field athletes have their own special sports skills, and the successful athletes' special skills are at a higher stage. In the actual training process, it seems that the movements and postures are not complicated and fixed, but the effects shown by the training are different. In addition to continuously strengthening physical training, athletes also need to continuously improve their technical movements and perceptions to improve their own sports competence.[3]

#### ***4.4 Strengthen the quality and intensity of training***

Track and field sports are high-intensity sports, so athletes' daily physical training is also high-intensity. From the perspective of the athlete's body structure and state, after high-intensity training, the overall ability of the athletes can be effectively improved. First of all, it will strengthen the athlete's muscle strength, secondly, it will exercise the athlete's psychological quality so that the athlete can cope with various pressures on the playing field. High-intensity training can promote the continuous improvement of athletes' willpower and enable them to overcome various difficulties encountered in the training process. However, athletes should be moderate in high-intensity training. Once high-intensity training exceeds the load of the athlete's body, it is easy to cause athletes' physical strain.[4]

### **5. Conclusion**

To sum up, athletes should pay more attention to physical training, so as to effectively cope with high-intensity competitive sports, promote the continuous improvement of their own level and the long-term development of China's track and field. This paper analyzes the training characteristics of track and field sports, explains the importance of strengthening sports, and the methods of constantly improving physical training, and then puts forward a scientific and technical training mode to improve the effectiveness of physical training of athletes. Athletes should combine physical training with special technical training, effectively improve their physical quality and comprehensive technical quality, and further promote the development of China's modern track and field sports.

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