

# Problems and Countermeasures of Modern Track and Field Training

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**ABSTRACT.** *Track and field is an important part of sports events, which has strong competitiveness and is also the main competitive event in major sports events. This paper summarizes the characteristics of modern track and field training, and through the analysis of the current situation of modern track and field training, summarizes the problems such as lack of professional personnel, poor training comprehensiveness, lack of theoretical basis and so on. This paper discusses the countermeasures to improve the present situation of modern track and field training in order to improve the level of modern track and field training and enhance the competitive ability of athletes.*

**KEYWORDS:** *Modern track and field, Track and field training, Characteristics*

## 1. Introduction

As the first major event of modern Olympic Games, track and field is a very popular and popular sport. Track and field is the foundation of all sports, is the oldest sports, the level of track and field sports marks the level of a country and region of sports level, so there is a saying: “the track and field people win the world.”. Especially in modern times, track and field sports develop rapidly, and the competitive level has been greatly improved. In the increasingly competitive modern sports world, countries pay more attention to how to use modern science and technology to guide training, to maximize the possibility of getting more ideal training effect, improving sports performance and achieving a more ideal ranking. With the continuous development of China's comprehensive national strength and scientific level of sports training, China's track and field level has also obtained considerable development. Some events have made remarkable achievements in international competitions, such as the Chinese women's middle and long-distance running, the regiment led by coach Ma Junren; some events have caused a sensation in the whole world, such as the 110m hurdles for men, and Liu Xiang has become the favorite of the world. However, the overall level of China's track and field is still at a low level compared with the world's track and field powers. Even in some periods, the overall level has declined. So what are the reasons, what are the problems in the development, and how to overcome and solve these problems in the

process of future development are urgent issues to be studied.

## **2. Characteristics of Modern Track and Field Training**

### ***2.1 Training Direction is Specific, Continuous High-Intensity Training***

In modern track and field training, there are many kinds of training, including not only running, but also jumping training. Based on this, modern track and field training has gradually formed its own training characteristics in the process of development. First of all, the specific training direction. That is, in the modern track and field training, special training is carried out for a certain training. Special training and traditional training direction has obvious differences, it is more targeted in the process of carrying out, it can be based on the special needs of athletes, training arrangements, such as in the training of jumping ability, to strengthen the training of athletes' fast run-up and take-off, so as to improve their jumping ability. Second, continuous high-intensity training. The main purpose of modern track and field training is to improve the athletes' ability and assist them to achieve excellent results in track and field events. In modern track and field training, in order to maintain athletes' physical function and enhance their professional ability, the arrangement of track and field training has the characteristics of high intensity[1].

### ***2.2 Pay Attention to Sports Quality and Strengthen Psychological Training***

Modern track and field training is a process of challenging the limits of human body, which also shows that it has higher requirements for athletes' sports quality. Therefore, in the modern track and field training, pay attention to the improvement of sports quality. In track and field training, combined with the athletes' sports quality, set up sports training, gradually improve the amount and intensity of sports training, at the same time, combine sports quality with technology, pay attention to the integrity of training, and promote the coordination of athletes' sports ability. In the process of competition, the athlete's psychological strength is lower than that of the athlete before the competition. In the process of modern track and field training, we should also strengthen the psychological training of athletes. Regular psychological courses are carried out for athletes to cultivate their competitive stress psychology, relieve their competitive stress psychology, and guide them to face up to the track and field competition, so as to form a good psychological state[2].

### ***2.3 Combined with Track and Field Events, Innovative Cycle Training***

Modern track and field training in the process of development, but also combined with the characteristics of track and field events, which is reflected in two aspects. First, track and field training takes track and field events as a part of the training, with the help of track and field competition to promote the long-distance mobilization to keep competitive state, which is of great significance to the

development of athletes. In modern track and field training, keeping a lot of load training before the competition has gradually become the main trend of track and field training. Through the research, it is found that the relaxation training before the competition will reduce the athletes' pre competition exercise load and affect the athletes' achievement in the competition. Therefore, in the process of modern track and field training, it will still maintain the training of athletes before the competition. In the traditional track and field training, the track and field training will be divided into several cycles. The training plan and training method are not the same between different cycles, but because of the long cycle time, it can not adjust the training plan according to the changes of athletes' situation. But in the modern track and field training, it mainly takes the week as the unit, carries on the training arrangement, unifies the athlete's weekly training situation, adjusts the training plan for it, innovates the modern track and field periodic training way[3].

### **3. The Main Problems in Modern Track and Field Training**

#### ***3.1 The Comprehensive Level of Training is Low***

Training integration is determined by the requirements of improving the training level of athletes' overall competitive ability. China's track and field level does not go up, which is directly related to the low comprehensive level of our training. For example, the content and means of psychological training are too simple to meet the requirements of the development of modern track and field; in the training, we only pay attention to the training of athletes' technology and physical fitness, but ignore the improvement of psychology. Some athletes' training results are very good, but they can't do it once they enter the formal competition. Some athletes can make achievements in domestic competitions and make frequent mistakes once they go to the international arena, exposing their psychological deficiencies, which is the result of low comprehensive level in training[4].

#### ***3.2 The Lack of Scientific Theoretical Basis in Training Leads to Confusion in Training***

In track and field training, there are some phenomena that violate the law of sports training for a long time. For example, on the issue of the primary and secondary effects of step length and stride frequency on running speed, there has been no unified understanding in the field of sprint in China. Sometimes, it is considered that the influence of step length on running speed is greater than that of stride frequency. In training, the improvement of step length is mainly emphasized, and the function of step frequency is greater than that of step length, and the training energy turns to stride frequency. This is the result of our coaches and researchers, who do not consider the specific physiological, morphological, quality and technical conditions of domestic athletes, and simply measure Chinese athletes by comparing the stride length and stride frequency of foreign elite athletes, and require athletes to push forward to the "best mode" of this step length or step frequency[5].

### ***3.3 Training At All Levels is out of Touch, and the Training of Reserve Talents is Outstanding***

The training of athletes is a complex system engineering, which should follow the objective laws of sports training and complete the training tasks of different stages according to the growth and development characteristics of different age stages. However, the current situation is that the competition system of young athletes is not perfect. The primary amateur sports schools and sports schools often take the provincial, municipal or county sports meeting as the training goal, which results in the short-term behavior of coaches. In addition, there is still a lack of authoritative basic training syllabus and teaching materials for children in our country. Therefore, coaches feel that the training content and task are not clear, and the methods and means are relatively few. Most of the practices are to practice what is in the competition, and less consider the connection of training at different ages[6].

## **4. Countermeasures to Improve the Training Level of Modern Track and Field**

### ***4.1 Strengthen Basic Theoretical Research***

One of the important reasons for the low level of track and field training in China is that the research theory of track and field foundation is relatively weak for a long time, which can not support the needs of training practice. The theory of track and field in our country is mainly introduced from abroad by “bring in doctrine”. It is not clear about the understanding of some problems, which leads to the disunity of training indexes and seriously affects the level of training work and track and field sports. For example, for a long time, China has been arguing about the power of sprint, the relationship between strength and speed training, and so on. Such issues have long troubled the field of track and field theory, and deeply affected the training field. Therefore, only by strengthening the basic theoretical research to solve this problem as soon as possible.

### ***4.2 Continuously Improve the Level and Ability of Coaches***

To improve the level and ability of coaches is the key to solve the problems in track and field training in China, and to promote China's track and field to catch up with the world's advanced level. Sports practice at home and abroad has proved that only high-level coaches can cultivate high-level athletes. The training level of track and field in China is not high, which is related to the training of coaches. At present, the track and field coaches in our country still haven't got rid of the tradition that athletes retired directly as coaches. There are not many coaches who have sports career and rich theoretical knowledge, which restricts the training and level of track

and field in China to a certain extent. In order to change this situation, we must strengthen the training of excellent coaches, so that a number of “scholars and science and technology” coaches will emerge as soon as possible[7].

#### ***4.3 Increase Investment in Scientific Training***

Scientific training must use scientific instruments and methods, measuring data and indicators to check the technical quality, training effect and control load, so as to fully coordinate the development of physical, psychological and technical aspects, and reasonably control the psychological process through monitoring the changes of various indicators. Only by solving the problems of reasonable arrangement of exercise load, division of training cycle and recovery of training, can scientific training be achieved and the best training effect can be achieved. Only relying on the traditional stopwatch and tape measure, it is difficult to solve the deep-seated problems that can not be observed on the surface of training work, which restricts the training effect to a certain extent. Therefore, we must gradually increase the investment in training equipment and equipment, and adopt scientific methods and means to help solve the problems in training and improve the quality of training.

#### ***4.4 Improving the Integrated Training System and Training Reserve Talents***

In the training of track and field talents, great efforts should be made to improve the integrated training system, and complete the training tasks at all ages in strict accordance with the requirements of the national track and field teaching and training program, so as to eliminate the “myopia” behavior in the training, and fundamentally solve the problem of scientific convergence of various levels of mobilization training. It is necessary to reform the competition system for children. The evaluation of coaches in amateur sports schools and sports schools at the grass-roots level should be different from that of excellent sports teams. We should resolutely change the phenomenon that heroes are judged by sports achievements, rankings and scores. We should adopt a comprehensive evaluation method for grassroots coaches, especially those who train outstanding reserve talents. In addition, the basic training program and teaching materials should be compiled as soon as possible, so that the training of coaches has a scientific basis. Only in this way can we really solve the problem of training reserve talents of track and field athletes[8].

### **5. Conclusion**

At present, the overall level of track and field in China is on the low side, and there are some urgent problems to be solved in the process of development. The development of Competitive Track and field sports, mass track and field sports and school track and field sports in our country is unbalanced, showing that the development of Competitive Track and field sports is fast and highly valued, while the development of mass track and field sports and school track and field sports is

relatively backward, which should arouse the attention of the government and education departments. Only by solving the problems of basic level track and field, can we better promote and promote the development of Competitive Track and field, and train more reserve talents for it, so as to promote the development of the overall level of track and field in China.

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