

**METHODOLOGY FOR ORGANIZING LOADING AND REST**

*Yarasheva Dilnoza Ismoil qizi*

*Asia International University*

*Teacher of the Department of Physical Education*

*Email: [yarashevadilnozaismoilqizi@oxu.uz](mailto:yarashevadilnozaismoilqizi@oxu.uz)*

**Abstract**

The balance of load and rest in sports training is crucial for the physical and psychological preparation of an athlete. Excessive load leads to excessive fatigue, injuries and functional disorders, while without sufficient rest, the effectiveness of training decreases. Therefore, organizing load and rest on a scientific basis is the main methodological approach for an athlete to achieve high results.

**Keywords:** load, rest, supercompensation, recovery, methodology, training efficiency.

**Login**

The balance of load and rest during sports training is an important methodological principle for the formation of an athlete's sports form and its long-term maintenance. Training load represents the athlete's impact on energy expenditure, muscle activity, cardiovascular and respiratory systems. Rest ensures the restoration of changes that have occurred in these processes and the preparation of the body for the next load.

Scientific studies have shown that improper planning of loads and rest can lead to excessive fatigue, weakened immunity, microtrauma of muscle tissue, and psychological stress in athletes. On the contrary, when rest periods are properly organized, a process of supercompensation occurs, which means that the body not only restores strength reserves, but also develops them to a higher level.

Therefore, the organization of load and rest is one of the most important sections in the methodology of sports training. This process should be planned on a scientific basis, taking into account the age, gender, level of preparation and training goals of the athlete.

**Main part**

**The relationship between load and rest**

➤ Load is the sum of the physical and psychological demands placed on an athlete's body during training.

➤ Rest is the process of restoring the body's functional capabilities after training. Their combination ensures increased performance in athletes, prevention of injuries, and high results in competitions.

**Types of vacations**

➤ Active rest - light exercise, swimming, walking, stretching exercises.

➤ Passive rest - sleep, massage, physiotherapy methods.

➤ Psychological relaxation - autogenic exercises, meditation, music therapy.

**The law of supercompensation**

**The law of supercompensation**

During sports training, when a load is applied, various physiological changes occur in the athlete's body. First of all, energy reserves, that is, the amount of glycogen in the muscles, decrease, microdamages occur in muscle fibers, and signs of fatigue can be observed in the cardiovascular and nervous systems. This period is called the post-training fatigue phase.

If an athlete gets enough rest and eats properly after training, the body gradually restores energy reserves, the muscles recover from micro-injuries, and hormonal activity normalizes. This process is called the recovery phase. But recovery is not simple - the body increases energy

reserves, muscle strength, and functional capabilities to a slightly higher level than usual in order to be ready for future loads. This process is called supercompensation.

The essence of supercompensation is that after a training load, the body not only restores its previous state, but also increases its capabilities. For example, if after training the glycogen reserves in the muscles are initially 100 units, after rest they can reach 110-115 units. If the next training is given during this period, the overall efficiency of the athlete increases.

If there is not enough rest, supercompensation does not occur and the athlete falls into a state of overexertion. If the rest is too long, the body will return to its original state, returning to its original state, and training efficiency will decrease. Therefore, the coach must very carefully control the training load and rest time.

The law of supercompensation is one of the main methodological principles of sports training. It serves as the main criterion for providing an athlete with an optimal load, determining the rest time between training sessions, and achieving high results. Especially during the preparation for competitions, if training is adjusted to the supercompensation period, the athlete can achieve the highest sports form.

#### **Principles of planning load and rest**

- Consistency - training should be carried out systematically.
- Gradual - loads are increased gradually.
- Individual approach - the condition and capabilities of each athlete are taken into account.
- Monitoring - controlled by pulsometry, tests, and subjective assessment.

#### **Practical example (weekly microcycle)**

- Monday: strength training - then active rest (stretching, sauna).
- Tuesday: speed training - then passive rest (sleep, massage).
- Wednesday: light workout - recovery day.
- Thursday: endurance training - active rest (easy running).
- Friday: technical exercises - psychological relaxation (meditation).
- Saturday: competition or control game.
- Sunday: complete rest.

#### **Conclusion**

Scientific organization of load and rest is the most important link in the methodology of sports training. If a properly distributed load develops the athlete's body, then effective rest strengthens this process and prepares for subsequent training. Due to the harmony of load and rest, a supercompensation process occurs in the body, which brings the athlete's functional capabilities to a higher level.

It is important to note that during the rest period, not only muscles, but also the nervous, cardiovascular and hormonal systems are restored. Therefore, neglecting rest not only reduces the effectiveness of training, but also negatively affects the health of the athlete.

Therefore, the methodology of organizing loads and rest is the main foundation in the preparation of an athlete, and their harmony is a guarantee of achieving high sports results. The coach must strictly adhere to these principles during training, preventing excessive fatigue and injuries in athletes.

#### **References**

1. Dilnoza, Y. (2023). SUB'YEKTIV VA SPORT.
2. Dilnoza, Y. (2024). SOG'LOMLASHTIRUVCHI MASHG'ULOTLARNING TURLARI VA SAMARADORLIGI.
3. Yarasheva Dilnoza. (2023). SPORTS PEDAGOGY BASED ON PSYCHOMOTOR AND DEVELOPMENT THEORIES. American Journal Of Social Sciences And Humanity Research, 3(12), 26–41. <https://doi.org/10.37547/ajsshr/Volume03Issue12-05>

4. Yarasheva Dilnoza. (2023). PHYSIOLOGICAL REACTIONS TO INTERNAL LOAD STUDY. American Journal Of Social Sciences And Humanity Research, 3(12), 47–56. <https://doi.org/10.37547/ajsshr/Volume03Issue12-07>
5. Yarasheva Dilnoza. (2023). SPORTS, CULTURE AND SOCIETY. American Journal Of Social Sciences And Humanity Research, 3(11), 152–163. <https://doi.org/10.37547/ajsshr/Volume03Issue11-17>
6. Yarasheva, D. (2024). IN HANDBALL GYMS: SAFE PHYSICAL EXERCISES AND INJURY PREVENTION. Modern Science and Research, 3(2), 23–32. Retrieved from <https://inlibrary.uz/index.php/science-research/article/view/30639>
7. Yarasheva, D. (2024). USE OF HANDBALL INDUSTRY AND TECHNOLOGY. Modern Science and Research, 3(2), 9–15. Retrieved from <https://inlibrary.uz/index.php/science-research/article/view/30575>
8. Yarasheva, D. (2024). THE IMPORTANCE OF ENDURANCE IN HANDBALL. International Bulletin of Engineering and Technology, 4(3), 73–77. Retrieved from <https://internationalbulletins.com/intjour/index.php/ibet/article/view/1406>