

**RSE "Olympic Training Center for Cycling"  
Nur-Sultan, 2020**

**About training sessions  
REPORTS**

## **1. REPORT ON THE CONDUCTING OF TCB ON PFD DURING QUARANTINE.**

**Senior coach:** Brusenskaya Valentina Anatolyevna

**Branch:** Cycling (Highway). Juniors

**Start and end of TCB:**

**from 07.07 to 12.07. 2020**

**Venue: Remote collection during quarantine. At home.**

Number of lessons conducted: 6

Hours spent: 11

**Main goals and objectives:**

1. Strength exercises.
2. Jumping exercises.
3. Exercises for static.
4. Development of coordination and reaction;
5. Increase in general strength endurance.
6. Exit to the highway. Or bike stands.
7. Proper nutrition.

**GPP and TFP training plan for junior team (highway) during quarantine.**

**Список спортсменов :**

|                         |          |
|-------------------------|----------|
| 1 Sukharebrik Ulyana    | 2002 gr. |
| 2 Bukanova Diana        | 2002 gr. |
| 3 Batyrbekova Bota      | 2003 gr. |
| 4 Tropina Victoria      | 2003 gr. |
| 5 Mandrakova Elena      | 2003 gr. |
| 6 Bikmaeva Zarina       | 2003 gr. |
| 7 Chernysheva Christina | 2003 gr. |
| 8 Tyulkina Daria        | 2003 gr. |

### **Conclusions and proposals for TCB**

The main task of the gathering was to control the athletes, to support the athletes mentally and psychologically under conditions of home quarantine. A training plan was drawn up to maintain overall fitness. The work was carried out in conjunction with regional trainers. A bike station with a specific job or a highway exit if possible. Since in different areas, there are different quarantine conditions. Whenever possible, the athletes went to the track. Strength exercises were performed during workouts, burpees, squats, jumping out, pistols on each leg. Since strength training is a type of physical exercise using resistance; when properly performed, provide significant functional benefits and improve overall health, including strengthening muscles, tendons, ligaments and bones, improving their joint function, reducing the risk of injury by increasing bone density, and increasing metabolism. Also, work is underway on statics, individual exercises to increase strength, the whole body as a whole, work on the musculoskeletal system.

Only when used correctly can strength training help protect the athlete from injury, delay the onset of fatigue, and allow the athlete to increase energy production for optimal performance. And also work on statics is being carried out, separate exercises to increase strength qualities, the whole body as a whole. Work on the musculoskeletal system. A number of breathing exercises, all tactical moments work, the correct execution of all exercises, the exercises are based on imitating the fit of a bicycle, the approximate construction of the arms and legs of the torso, work on coordination, the intake and amount of food is monitored, and water consumption also creates a regime for recording weight and heart rate. There were no comments on the passage of the collection, control was monitored daily by telephone. The athletes asked to whom, which was not clear from the exercises. In general, the whole team did a good job.

Every day they filmed videos, photos of their workouts. During the training sessions, there were no comments on how to perform the exercises. The health of the athletes was monitored daily. The training plan was drawn up with one-off workouts so that the athletes had time to complete their studies. At the moment, Sukhorebrik U, Tropina V and Bikmaeva Z are entering the University. Conducted a conversation with the parents of athletes, mostly worried about the current situation. I am glad that parents support their children, help in every way with training.

Nutrition is being monitored. Correction of sports nutrition, if possible, purchase of vitamins for a given period. In general, athletes train, perform exercises of a consistent plan. The team feels good without any complaints.

## 2. REPORT ON CARRYING OUT REMOTE TCB ON TFP AND PFP

### Department: Juniors (highway):

Zhapparuly B.- Kyzylorda on TCB Tabagan (JSC) from 6.06.20

Dostiev I. - Shymkent

Remkhe A.-Talgar

Remkhi R.-Talgar

Noskov D.-Uralsk on TCB Tabagan (JSC) from 6.06.20

Vinokourov A.- France

Vinokurov N. - France

| Date  | Charging                    | Job   | km / time          |
|-------|-----------------------------|---|--------------------|
| 07.07 | ОРУ,<br>растяжка<br>15 мин  | hills<br>20km warm-up (120-130)<br>50 km 90-100 rpm pulse 140-143<br>20 km (120-130)        | 90 km 3-3.5 hours  |
| 08.07 | ОРУ,<br>растяжка<br>15 мин  | mountains<br>15km warm-up (120-130)<br>80 km (140-143) uphill (150-165)<br>15 km (120-130)  | 110 km 4 hours     |
| 09.07 | ОРУ,<br>растяжка<br>15 мин  | mountains<br>20km warm-up (120-130)<br>80 km (140-143) uphill (150-165)<br>20 km (120-130)  | 120 km 4.5-5 hours |
| 10.07 |                             | ADO   | 30-40km 1.5 hours  |
| 11.07 | ОРУ,<br>растяжка<br>15 мин, | hills<br>20km warm-up (120-130)<br>50 km 90-100 rpm pulse 140-143<br>20 km (120-130)        | 90 km 3-3.5 hours  |
| 12.07 | ОРУ,<br>растяжка<br>15 мин  | mountains<br>15km warm-up (120-130)<br>110 km (140-143) uphill (150-165)<br>15 km (120-130) | 130 km 5 hours     |

TCB went according to plan, all athletes coped with the load, trainings were conducted online video calls in the morning and in the evening, data on Garmin and Strava were also dropped, all trainings took place on the highway. Everyone is in good physical shape and waiting for the beginning of the competitive period, psychologically tired of training from home, the monotony of the tracks and the uncertainty of the start of the competition or the TCB of the Tsop national team. D. Noskov and B. Zhapparuly have shown the initiative at their own expense are training in the mountains on Tabagan from 06.06.20 they periodically train with the Vino team. At the moment, with an indefinite start of the competitive period, the training plan is designed for a set of strength work and total volume, since it makes no sense to do an intensive load yet, due to the postponement of the competition to August.

The Vinokurov brothers are at TCB with the Monaco Junior and Astana ProTeam at TCB in the mountains from July 8-28, they are undergoing strength training and are preparing for the first start after quarantine for the junior race in Spain from 07.28-02.08.20. These athletes are going according to the team plan and training is also tracked by Garmin and Strava.

### **3. REPORT ON CONDUCTING REMOTE TCB ON TFP AND OPP**

**Senior coach S.A. Tarasova**

**Junior division (track)**

**The main goals and objectives of the collection:** Purpose:

Development of general physical endurance

Tasks:

1. Development of comprehensive and special physical qualities.
2. General increase in the level of physical capabilities of the body.

**TCB participants:**

1. Titovskaya Christina
2. Osim Akpeyil
3. Stuzhuk Christina
4. Zaitseva Nina
5. Repp Love
6. Yunkman Alina

#### **Conclusions and suggestions on the conducted TCB**

The first weekly microcycle went according to plan. Repp Lyubov got a little cold, missed 2 workouts, the rest went as recovery, there was no work as such. Stuzhuk Kristina complained of pain in her shoulder and leg, was at the doctor's appointment and received an appointment in the form of massage and ointments, and is currently recovering. The rest of the athletes are doing well, everyone is healthy.

### **4. ОТЧЕТ О ПРОВЕДЕНИИ ДИСТАНЦИОННОГО УТС ПО СФП И ОФП**

**Senior coach Nikolaeva E.A.**

**Department Girls born in 2004-2005**

The coaching staff of the camp: 1. Nikolaeva E.A. trainer

Goal and tasks:

- 1 A set of exercises for self-study
  - 2 Work on an individual "stroke", work on circular pedaling
  - 3 Development of general endurance, maintaining physical shape with the help of general physical training and planks
1. List of athletes:
  2. 1. Spirina Alina, born in 2004 WKO
  3. 2. Greenberg Elizabeth 2004 year of birth Akmola region
  4. 3. Ayapova Zhanel, born in 2004 Akmola region
  5. 4. Kazakova Violetta, born in 2004 JSC
  6. 5. Kazakbai Dariya born in 2005 Alma-Ata's region
  7. 6. Zhurtybaeva Madina 2005 year of birth Alma-Ata's region
  8. 7. Salimullina Karina 2005 year of birth Karaganda region
  9. 8. Gabaidulina Christina 2005 year of birth Karaganda region

#### **Conclusions and proposals for TCB**

The microcycle went according to plan, all the athletes are healthy, there are some complaints of pain in the knees and lower back.

The trainings were mainly accompanied by their personal trainers in the morning.

General physical training took place mainly in the morning, like exercises, sometimes in the afternoon (on hot days, training began at 8 am)

Morning and evening pulse by girls is measured and entered into a sports diary.

## 5. REPORT ON CARRYING OUT REMOTE TCB ON SPP AND OPP

Senior coach: Kilibaev A.B.

Venue: by places

Number of athletes: 6 people

### Composition of athletes:

- 1) Paschenko Svetlana
- 2) Solovieva Angela
- 3) Abramchuk Alena
- 4) Sarkulova Alina
- 5) Tolemisova Assem
- 6) Anastasia Lynn

### Location:

- AO (Taldykurgan)  
AO (Taldykurgan))  
Karaganda  
Nur-Sultan  
Kyzylorda  
AO (Taldykurgan)

### Tasks:

- 1) Maintaining physical fitness after completed TCB
- 2) Individual training
- 3) Psychological attitude

### Analysis:

All this time, in many regions of the country, movement around the city of shopping and entertainment centers and large supermarkets is limited, but, despite this, individual training in the open air is allowed, where it is possible to keep fit for a set of kilometers on open roads.

After the relaxation of quarantine measures, the number of patients increased sharply, which led to new restrictions. Our athletes were involved in the educational process in the highlands at the expense of the regional departments of physical culture. Now people can leave their homes with little restrictions.

Most importantly, the athletes of the Olympic Training Center at the moment had no problems with the virus, monitoring is carried out weekly in a group chat, where the entire dialogue with the athletes takes place. Active promotion of a healthy lifestyle is required. In this situation, sport is an excellent solution to maintain not only health, but also a toned figure..

### Output:

All athletes have adapted to the new training rhythm.

After going through the training camp in the highlands, gaining certain physical data under the supervision and guidance of the head coach, the athletes returned home without injuries and illnesses. At the moment, everyone is waiting for a new starting season and a finally approved calendar, which also depends on the restrictions introduced in the country, in order to continue the racing rhythm and show their capabilities. Restrictions do not let them lose heart, and many athletes find a way out by continuing to train in the fresh air.

After a long absence of intense training, athletes with increased zeal begin long-term outdoor training. Everyone understands the limitations and the situation around the world, so they reacted with ease and understanding to the fact that they might not be able to leave the country this year and prove themselves in the international arena. During the last few days, Assem Tolemisova fell ill, had a cold, so the training was canceled to avoid complications.

Sportsmen going out into the street motivate people to go in for sports.

## 6. REPORT ON CARRYING OUT REMOTE TCB ON SPP AND OPP

Senior coach - Kupeshov B.A.

Branch - Cycling track - pace

Purpose: Mileage set

TCB participants

| <b>№</b> | <b>FULL NAME</b>    |
|----------|---------------------|
| 1        | Betz Andrey         |
| 2        | Zhagiparov Vladimir |
| 3        | Koltunov Vladimir   |
| 4        | Strelchenko Kirill  |
| 5        | Dmitry Vasiliev     |
| 6        | Lichtenberg Oleg    |

### **Conclusions and suggestions on the conducted TCB**

This week, athletes trained to gain mileage.

All athletes work perfectly well, in general, the training process goes on as usual. The majority of athletes train together with regional teams, but at the same time adhere to our training plans. All trainings of regional trainers are discussed and planned jointly. Some athletes went to the TCB with regional coaches. All athletes are fine.

Athletes take all safety precautions when going on road training.

### **7. REPORT ON CARRYING OUT REMOTE TCB ON TFP AND PFP**

**Senior coach: A.V. Golovashchenko**

**Branch: Mountain bike.**

**Location: Kazakhstan (at home)**

Number of lessons conducted: 9

Number of hours spent: 20 hours

The main goals and objectives of the collection:

For the period of quarantine, to support the general physical, sports form of athletes in their regions. Collect mileage.

#### **Conclusions and suggestions on the conducted TCB**

During the training camp at home, the athletes were able to maintain their physical shape, the Athletes trained individually, at home. Karasev Yegor and Akhanov Altynbek trained together, Roman Solovey and Alpatov Miras also trained together. Sometimes the athletes went to the ground, but mostly trained on the highway. All athletes completed the tasks according to their individual plans. In bad weather conditions, athletes trained on machines.

### **8. REPORT ON CARRYING OUT REMOTE TCB ON SPP AND OPP**

**Senior coach: Elkin V.G**

**Branch: Team of boys aged 15-16.**

Karabutov Ilya - 2004 year of birth Karaganda region

Musabaev Alexander - 2004 year of birth Karaganda region.

Dmitry Skvortsov - 2004 year of birth, Karaganda region.

Oleinikov Dmitry - 2004 year of birth, Karaganda region.

Syilykbek Aslan - 2005 year of birth Kyzylorda

Genne Danil - 2004 year of birth NKR

Vaganov Aleksey - 2004, b. SKO

Oleinik Nikita - 2004 year of birth Nur-Sultan

Akhmetbaev Mirat - 2005y.r Nur-Sultan

Sichkarev Vyacheslav - 2005 year of birth Nur-Sultan

Zhitnikovskiy Igor - 2005 year of birth Nur-Sultan

Likhtenberg Oleg - 2005 Nur-Sultan

**Location: Kazakhstan. Home quarantine**

Number of lessons conducted: 5

Number of hours spent: 20

Objectives of the task on TCB: Maintaining athletes' fitness during quarantine.

During the training camp, tasks were set for the athletes for individual training, using a weekly plan, while everything is under the supervision of a coach with a video report.

During the training camp, we conducted training on the Highway, if possible (quarantine locations)

The health of the athletes during the training camp was excellent. Everyone has a good appetite, good sleep. The pulse is good. Recovery processes (Sleep, homemade food)

### **Conclusions and suggestions on the conducted TCB**

The training camp was held at a good level. There was a good workout on the highway (maintaining cardio workouts) with a lot of emphasis on stretching and gymnastics. The athletes showed themselves from an excellent side, they did everything in good faith and responsibly. The gathering went according to plan.