**RSE "OLYMPIC TRAINING CENTER FOR CYCLING"**

**ON TRAINING SESSIONS**

**ACEPTAR**

**NUR-SULTAN - 2020**

**REPORT ON THE UTS**

**Head coach Kelimbetov .N**

**Department:National team**of young men 15-16 years

**Belugin Vadim born in 2005 in Uralsk**

**Galkin Nikita 2004 R JSC**

**Abubakar Zhalgas 2005 Uralsk**

**Beisembayev Rizvan 2005, Karaganda city**

**Syylykbek Aslan 2005 city of Kyzylorda**

**Start and end of the TCB**

**From 20.04 to 26.04 in 2020g.**

**Venue:** Kazakhstan.Home quarantine

Number of classes held: 10

Number of hours spent: 18, 5

Head Coach Kelimbetov

Goals and tasks in the TCB: Maintaining the fitness of athletes during their quarantine period.

During the training camp, the athletes were assigned individual training tasks using a weekly plan, while everything is conducted under the control of the coach with a video report.

During the training camp, we conducted a control training session on Bicycle looms with a 52x15 transmission for three minutes .

Resultson 52x15 bike looms:

Belugin At 450 rpm

Galkin N. 456 revolutions

Kalykbek And 430 rpm

Abubakar W 446 rpm

One athlete doesn't have a bike station

The athletes ' well-being during the training camp was excellent. Everyone has a good appetite and a good night's sleep. The pulse is good. The recovery process (Sleep study,home-cooked food)

**The conclusions and recommendations based on carried out TCB**

The training camp was held at a good level . We conducted good training sessions on Bicycle machines (maintaining cardio trainers), paid a lot of attention to stretching and gymnastics,as well as worked on weight training, spent a lot of time on the OFS. The athletes showed themselves from an excellent side, performed everything conscientiously and responsibly. The gathering went according to plan.

**Head coach Kelimbetov. N.**

**REPORT ON THE UTS**

**Senior coach Yelkin.V**

**Department:National team**of young men 15-16 years

**Start and end of the TCB**

**From 20.04 to 26.04 in 2020g.**

**Venue:** Kazakhstan.Home quarantine

Number of classes held: 10

Number of hours spent: 20

Senior Coach Yelkin.V

Goals and tasks in the TCB: Maintaining the fitness of athletes during their quarantine period.

During the training camp, the athletes were assigned individual training tasks using a weekly plan,while everything is conducted under the control of the coach with a video report.

During the training camp, we conducted training sessions on Bicycle looms and OFPS, if possible(the place of arrival of the quarantine).This week, attention was paid to the speed of Cycling.

The athletes ' well-being during the training camp was excellent. Everyone has a good appetite and a good night's sleep. The pulse is good. The recovery process (Sleep study,home-cooked food)A control training session was held on the bike-machine for 3 minutes, the maximum number of revolutions,the athletes showed themselves well.

1st place Vaganov A 475 rpm / 3 min

2nd place Genne D 466 rpm / 3min

3rd place Taraskin M 456 rpm / 3min

4th place Akhmetbayev M 412 rpm / 3min

5th place Zhanuzak A 410 rpm / 3min

**The conclusions and recommendations based on carried out TCB**

The training camp went well. There were good training sessions on the bike-machines (maintaining cardio trainers) worked out the finish line, a lot of attention was paid to turns and circular pedaling.We also worked on weight training,and spent a lot of time on the OFS. The athletes showed themselves from an excellent side, performed everything conscientiously and responsibly. The gathering went according to plan.

**Senior coach Yelkin.V**

**REPORT ON CONDUCTING THE TCB FOR THE OFP+SFP**

**Senior coach** Akanov T. K.

**Department**Mountain bike.

**Start and end of the TCB**

**From 20.04 to 26.04.2020**

**Location:** Remote

Number of sessions held: 12

Number of hours spent: 12 hours

Coaching staff of the training camp:1. T. K. Akanov

**Composition of athletes:**

1. Alpatov M

2. Semenyuk R

3. Oleinik N

4. Nelis A

Main goals and objectives of the collection:

Recruit General physical training. Improving the level of physical and functional capabilities of athletes.

The collection was generally satisfactory all the athletes coped with the tasks.

The athletes ' well-being during the training camp was above average. Everyone has a good appetite and a good night's sleep. Recovery processes (food, sleep, bath)

**Head coach: Akanov T. K.**

**REPORT ON THE UTS**

**Senior coach-B. A. Kupeshov**

**Department-Cycling track-pace**

**Start and end of the TCB**

**With 20.04.2020 G. until 26.04. 2020g.**

Main goals and objectives of the collection:

Goal:

Improving and enhancing the functional systems of the body.

**The participants of the UTS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Full** | **name** | **of Burpi -1min** | **Long jump** |
| 1 | Betz Andrey | 18 | 2.49 |
| 2 | Zhagiparov Vladimir | 16 | 2.40 |
| 3 | Koltunov Vladimir | 18 | 2.45 |
| 4 | Strelchenko Kirill | 16 | 2.40 |
| 5 | Vasiliev Dmitry | 17 | 2.30 |
| 6 | Lichtenberg Oleg | 16 | 2.40 |

**The conclusions and recommendations based on carried out TCB**

**The second week of training went very well, all the athletes did a week's work on the positive side. At the same time, the athletes are in a good psychological and emotional state, none of the athletes are ill.**

**We have passed one control training on the FPI.**

**All athletes are in good physical shape. Based on the results of the control training, further plans will be made for working and keeping fit until full-fledged training sessions with the team.**

**In addition to training, athletes repeatedly studied the rules of the road when riding a Bicycle. The plan for the next cycle has already been sent to the athletes.**

**Senior coach: B. A. Kupeshov**

**REPORT ON CONDUCTING A REMOTE TCB ON SPS AND OFP**

**Senior coach** golovashchenko A.V.

**Department**Mountain bike.

**Start and end of the TCB**

**From 20.04 to 26.04.2020**

**Venue:** Kazakhstan (at home)

Number of sessions held: 15

Number of hours spent: 15 hours

Coaching staff of the training camp: 1. Golovashchenko A.V.

Main goals and objectives of the collection:

During the quarantine period, maintain the General physical and athletic fitness of athletes at home. Develop flexibility and work on stretching your muscles.

**The conclusions and recommendations based on carried out TCB**

We spent the second week of the training camp, the athletes were fully engaged and approached the load with full efficiency. During the training camp, training sessions were held on the machine and on the OFE, as well as those who had the opportunity to go to the track. The PSC MTB team, juniors category, performed the TCB at home. The training sessions were aimed mainly at maintaining the physical shape of athletes, and they also paid special attention to flexibility and stretching. Athletes fully coped with the tasks set. After each training session, the athletes sent completed tasks and photo-video reports throughout the day. Also, those athletes who live in the private sector regularly help their parents around the house. Karasev Yegor and Aliev Ruslan added additional exercises to increase the volume of training. Tursunkali Damir fell ill at the beginning of the training camp, so he could not fully perform the load.

**Senior coach: golovashchenko A.V.**

**REPORT ON CONDUCTING A TC FOR THE OFP**

**Senior coach** Brusenskaja Valentina Anatolevna

**Department**\_\_\_\_\_\_Cycling (Highway) juniors

**Start and end of the TCB**

**с\_21.04\_\_\_\_\_\_\_\_\_ по\_26.04\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2020.**

**Location: Remote collection during quarantine. In house conditions.**

Number of classes held\_ \_ 6\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The total number of completed hours\_\_\_\_13

**Coaching staff of the training camp: 1. V. A. Brusenskaya.**

**Basis for conducting the TCB:**

Order №\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from "\_\_\_\_\_\_\_" \_\_\_\_\_\_\_\_\_\_\_\_\_20\_\_\_\_\_\_\_

Main goals and objectives of the collection:

1. Power training
2. Jumping exercises.
3. Static exercises .
4. The development of coordination and reaction;
5. Increase in overall power endurance.

**The participants of the UTS**

|  |  |
| --- | --- |
|  | **FCS** |
|
| Full name 1 | Sukharebrik Ulyana 2002 g |
| 2 | Bukanova Diana 2002 g |
| 3 | Bikmaeva sarin, 2003 |
| 4 | Mandrakova Elena 2003 g |
| 5 | Tropina Victoria 2003 g |
| 6 | Bytyrbekova Bota 2003 |
| 7 | Chernysheva Kristina 2003 |
| 8 | tyulkina Daria 2003 |

**Training plan for the OFE of the juniors ' team (highway)**

**The period 20.04-26.04.2020 G.**

**1-training session**:

Led machine 10 min warm-up heart rate (120-140) stroke.

ORU-15 min.

Spin 15\*3 series.

Pistols on each leg 2 \* 15

Press -20\*3 series

Jerboa 3\*10

Emphasis, lying legs under yourself 3 \* 15

The machine was driven for 50 min.

Bar 2 min.

Stretching.

21.04.2020 G.

1-training session:

Velo machine - Warm-up 15 min.

ORU 15 min.

Execution of the series.

Jump out 30\*3.

Burpee 2\*15

Jump from a place 3 attempts to record the best result.

Pull-up to the maximum.

**Side bar 1 min.**

**The machine was driven for 45 minutes. 4\*3 min heart rate (150-170)** The transfer of 52\*17

22.04.2020 G.

Warm-up 15 min.

Execution of the series.

Pistols 2 \* 15 on each leg

Push-up 15\*3

Press20\*3. Spin 15\*3.

Led machine 45 min. 3\*4 min HR (150-170) transmission 52\*17

23.04.2020г.

1-training session:

Warm-up 15 min. ORU 10 min.

Execution of the series.

Jump out 30\*3.

Push-up 15\*3.

Jerboa 3 \* 10 rest 1 min.

Jump from a place 3 attempts.

Plank Angle: 2 min.

The machine was driven for 1 hour. 3 \* 5 min heart rate (150-170) 52\*18

**24.04.2020 G.**

**1-training session;**

ORU 15 min.

Execution of the series.

Jump out 30\*3.

Push-up 20\*3.

Press 20\*3. Spin 20\*3.

Burpee 2\*15

The machine was driven for 45 minutes.

25.04.2020 G.

**1-training session:**

Running 15 min. Oru 15 min.

Jump out 20\*3.

Push-up 20\*3.

Pistols 2 \* 15 on each leg.

Press 15\*3. Spin 15\*3.

Plank Standing at the wall of the floor crouched, hands down. Legs spread apart at shoulder width ,the body should be lowered down in a movement similar to sitting on a chair, the back of the head pressed against the wall. Keep it to the maximum.

**The machine was driven for 45 minutes.**

**1-training session: 26.04.2020 G.**

Running 15 min. ORU 15 min.

Execution of the series.

Jump-Out 40\*3 Push-Up 25\*3.

Squat 40\*3. Press 20\*3. Spin 20\*3.

Pull-up to the maximum.

The machine was driven for 1 hour.

**Conclusions and suggestions on the TCB**

The main task of the second week of the training camp was to support the athletes mentally and psychologically in the conditions of home quarantine. The training plan was designed to maintain overall physical fitness. Athletes coped with the task, and in the second week of the planned plan, more leg exercises were added. Led the machine, a certain job.

Each day, we filled out the daily completed plan individually and sent it to the trainer. We shot daily videos and photos of our training sessions. There are no comments during the training sessions for performing exercises. The athletes ' well-being was monitored daily. The athlete tyulkina Daria already fully fulfilled all the load, which was provided daily according to the plan. The youngster tries hard to maintain his form. The training plan was drawn up with one-time training sessions, so that the athletes had time to pass classes on their studies.

Power exercises were performed during training, burpees, jumping out, pistols on each leg. **Strength** **training**is a type**упражнений**of resistance exercise; when properly performed, it provides significant functional benefits and improves overall health, including strengthening muscles, tendons, ligaments and bones, improving their joint function, reducing the risk of damage, increasing bone density, and increasing metabolism. We are also working on static exercises, individual exercises to increase strength qualities, the whole body as a whole, work on the musculoskeletal system.

A series of breathing exercises. We work on all tactical aspects, as well as work on the correct implementation of all exercises. The exercises are based on simulating the landing of a Bicycle, approximate construction of the arms and legs of the torso, work on coordination. They mostly eat fruit. Checking the plans, you can notice about the nutrition of athletes, suggest and correct if possible. In General, the athletes coped with the task. Thanks to the support of parents, the mood of athletes is visible, despite the situations that are currently happening. Every day I try to communicate with my parents and support them . Listen to any problems. So in General, the work is going on athletes are training, there are no health problems. The power supply is monitored.

**Senior coach of the Brusensky V. A.**

**REPORT ON CONDUCTING A TC FOR THE OFP**

**Senior coach** \_ \_ Yuriy Yuryevich

**Department of the youth team track temp**

**Start and end of the TCB**

**с\_20.04\_\_\_\_\_\_\_\_\_ по\_26.04\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2020.**

**Location: Remote collection during quarantine. In house conditions.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Number of classes held\_ \_ 6\_\_\_\_\_\_\_\_

The total number of completed hours\_\_\_\_15\_\_\_\_\_\_\_

The main goals and objectives of the training camp are to improve and develop the physical qualities of the athlete. Work on General and special endurance.

**The participants of the UTS**

|  |  |
| --- | --- |
|  | **FCS** |
| Full name 1 | Yusifov Igor |
| 2 | Bekenov Alexander |
| 3 | Potapenko Dmitry |
| 4 | Azen Gabiden |

**Training plan on the highway**

**Department: youth composition track, tempo**

|  |  |  |
| --- | --- | --- |
| 20 | Anaerobic training on GMV 1,2 type 90-100 km 8 uphill ascents each 2 ascents in increased gear landing at the bottom of the steering wheel without getting up from the saddle | mon |
| 21 | Recovery training 50-60km | wt |
| 22 | Aerobic training 140km calm pulse up to 150ud | SR |
| 23 | Anaerobic training 120 km work 4x15 km on 4 points individually or in pairs | Thu |
| 24 | Anaerobic training on GMV 1,2 type 90-100 km 8 uphill ascents each 2 ascents in increased gear landing at the bottom of the steering wheel without getting up from the saddle | PT |
| 25 | Recovery training 50-60km  . | sat |
| 26 | Aerobic training 140km calm pulse up to 150ud | sun |

**Training plan at home**

|  |  |  |
| --- | --- | --- |
| 20 | Aerobic workout  warm up: joints are circular movements of the neck,shoulders,elbows, hands, pelvis, knees, and ankle. Plank on elbows in static 30 sec + 30 sec right hand, 30 seconds left arm 30 seconds on elbows-palms (stato-dynamic) + 30 seconds of twisting with the right hand 30 seconds of twisting with the left hand + 30 sec boat. Then 3 sets of Press 20 times, push-UPS 20 times, extension 20 times.  Training machine 1 hour  10 min retraction, working at the optimal gear 20 min (pulse up to 150)+ 10 min easy gear + 20 min work in optimal gear (pulse rate up to 150)  OMV exercise half-squat with weight (5 liters of water), 6 approaches  approach 1 min (static) + 30 sec rest + 45 sec (static) +30 sec rest + 30 sec (static) between approaches rest 5 minutes!!!!  hitch stretch | mon |
| 21 | Anaerobic training  warm up standard repeat see from 20.04  training on GMV type 2 machine 1 hour  10 min retraction + 10 min (work)+ 5 min rest+ 10 min (work) + 5 min rest + 10 min work. Work at an excessive gear, keep the pace on the threshold of acidification. That is, if you add a little bit, then you will not be able to keep the load and pace as you will begin to sour. It is mandatory to record your heart rate during work.  Hitch stretch | W |
| 22 | Anaerobic training  warm  -up training on GMV type 1  ladder 6 approaches jump up 5 floors, if not possible then in length of about 45 seconds without a break for rest, between approaches rest 5-7 mm minute!!! after squatting on one leg 15 times 4 approaches on each leg, jumping out 30 times 4 approaches with acceleration in place after execution...  hitch stretch | SR |
| 23 | Machine 45 min calmly restorative workout | Thu |
| 24 | Aerobic workout  warm up: joints are circular movements of the neck,shoulders,elbows, hands, pelvis, knees, and ankle. Plank on elbows in static 30 sec + 30 sec right hand, 30 seconds left arm 30 seconds on elbows-palms (stato-dynamic) + 30 seconds of twisting with the right hand 30 seconds of twisting with the left hand + 30 sec boat. Then 2 sets of Press 20 times, push-UPS 20 times, extension 20 times.  Training machine 1 hour  10 min retraction, working at the optimal gear 20 min (pulse up to 150)+ 10 min easy gear + 20 min work in optimal gear (pulse rate up to 150)  OMV exercise half-squat with weight (5 liters of water), 6 approaches  approach 1 min (static) + 30 sec rest + 45 sec (static) +30 sec rest + 30 sec (static) between approaches rest 5 minutes!!!!  hitch stretch | PT |
| 25 | Training of the neuromuscular system  warm-up standard  training machine 1 hour 10 min retraction + 5 min (work in increased gear 120 rpm) + 5 min rest +45 sec acceleration in optimal gear +5 min rest + 3 min (Working in optimal gear 120 rpm) + 3 min rest + 45 sec acceleration + 5 min rest + 2 minutes (working in optimal gear of 130 rpm) + 3 min rest +45 sec acceleration + 5 min rest + 1 min (140 rpm operation)+ 3 min rest + 45 sec acceleration.  Jumping out 4 sets of 25 times.  stretch | mark sat |
| 26 | PDO massage is mandatory!!! | sun |

**Conclusions and suggestions on the TCB**

In connection with the introduction of quarantines in some cities, I have made two training plans for athletes in isolation and for athletes outside of quarantine. as far as possible, the training plans were as close as possible to each other in terms of loads. Naturally, athletes on the highway will be more adapted to special endurance by the end of the quarantine... but athletes who are quarantined provided that the subsequent plan is implemented with an increase in intensity will quickly adapt to special endurance

**REPORT ON THE UTS**

**Senior coach** Sivash Ivan Vladimirovich

**Junior Department** sprint

**Start and end of the TCB**

**from\_20. 04\_ to\_16. 04\_\_ 2020\_g**

**Location: UTS Online (the house)**

Number of sessions spent\_12

The total number of completed hours\_\_\_18

Coaching staff of the training camp: Sivash Ivan Vladimirovich

Main goals and objectives of the collection:

\_ Maintaining physical fitness of athletes in conditions of isolation due to quarantine, performing the maximum possible amount of training at home, based on the ability of each athlete.

**The participants of the UTS**

|  |  |
| --- | --- |
| 1 | Жаилганов Арланбек |
| 2 | Шектибаев Аян |
| 3 | Ostrenko Daniel |
| 4 | Salesny Timur |
| 5 | Ruslan Khodjaev |
| 6 | Dmitry Kulikov |
| 7 | Kurdali Cyril |
| 8 | Julia Golubkova |

TCB training plan

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Charging Date | Training session | Training |
| session 20.04 | 20 min Walk 10 minutes, ORU stretching, static half-step. | 1.5 hours of  DIF training. Warm-up( Running or stairs) 6 hours. Series (jumps with accelerations , push-UPS, abs, jumping on the pedestal, pistols with bounces) | SFP 2 h. machine Or Highway 1.5 h . Warm-up 20 min  Operation: switching on in the transmission seat for 52-14 35 seconds or 500 meters, interval of 7 minutes.  Stretching, 5 planks per minute are difficult. |
| 21.04 | 20 min Walk 10 minutes, ORU stretching, static half-step. | OFP warm-up running 15 minutes, jumping work 6 series(jumping out 15 times with acceleration, jumping on one leg, long jumps, jumping up 15 seconds, jumping on a pedestal waist-high)  Between the series, planks are difficult, push-UPS) | Machine 1 hour. Warm-up 15 minutes at a heart rate of 110-130ud.min, work 4 times turn on the gear 39-17, 2 min at cadence of not less than 140 rpm,between them recovery 7 min, Roll-up 10 min in easy gear at a heart rate of 100-110 beats per minute.  Static stretching 3 times for 1 min |
| 22.04 | 20 min Walk 10 minutes, ORU stretching, static half-step. | OFP warm-up running 15 minutes, jumping work 6 series(jumping out 15 times with acceleration, jumping on one leg, long jumps, jumping up 15 seconds, jumping on a pedestal waist-high)  Between the series, planks are difficult, push-UPS) | Machine 1 hour: warm-up 15 minutes, work-5 accelerations of 30 seconds (39-17, 52-21,52-19, 52 -17, 52-14.) interval 5-7 minutes, roll-up . power work with a barbell for Stanovoy force 6 series of 8 repetitions, 1 series warm-up and 5 working weight (60 kg) between the series of plank for 40 seconds, push-UPS, pull-UPS.  Static stretching 3 times for 1 min |
| 23.04 |  | Rest day |  |
| 24.04 | 20 min Walk 10 minutes, ORU stretching, static half-step. | 1.5 h Power work with a barbell, warm-up on the machine 10 min oru stretching, 2 size series, 6 working series work 5-5-8-5.ezhdu planks are difficult, press on the horizontal bar. stretch marks | Machine 1 hour: warm-up 15 minutes, work 6 times a minute 39-17 turns at least 150 per minute, interval of 5 minutes. seaming.  Static stretching 3 times for 1 min |
| 25.04 | 20 minutes Walk 10 minutes, ORU stretching, static half-step. | OFP warm-up running 15 minutes, jumping work 8 series(jumping out 15 times with acceleration, jumping on one leg, long jumps, jumping up 15 seconds, jumping on a pedestal waist-high)  Between the series, planks are difficult, push-UPS)  Burpee between each episode on 15 times. | Machine 1 hour: warm-up 15 minutes, work 6 times a minute on the edges of the roll every 10 seconds, at the end of the maximum, complete acidification.  The interval is 5 minutes.  The emphasis is on circular pedaling, especially important is the pull-up of the posterior muscle.  Power work with a barbell, a deep oath for 10 repetitions , 2 warm-UPS, 8 working series (weight minus 10 kg of its weight)  Between the series of back, press on the horizontal bar, back muscle 10 reps (if there is no simulator then the camera, harness, rubber) |
| 26.04 | 20 min Walk 10 minutes, ORU stretching, static half-step. | OFP warm-up running 15 minutes, jumping work 8 series(jumping out 15 times with acceleration, jumping on one leg, long jumps, jumping up 15 seconds, jumping on a pedestal waist-high)  Between the series, planks are difficult, push-UPS)  Burpee between each episode on 15 times. | Machine 1 hour: warm-up 15 minutes, work 10 times acceleration of 30 seconds for a maximum of 39-17 gears. The interval is 3 minutes.  Static stretching is performed 3 times per minute.  Planks are difficult 6 times per minute. |

The plan is created in General terms, and you try to fulfill it as much as possible, without breaking the isolation mode, and without exposing yourself to danger. The concept of a barbell is replaced by improvised means, for maximum weight gain.

**The conclusions and recommendations based on carried out TCB**

UTS passed with the maximum reference point to the set plan, but some athletes do not have bike stations, the ability to train on the street or in the yard. Also, full performance is entirely the responsibility of the athletes themselves, and as a result, their result depends more on them.

**REPORT ON THE UTS**

**Senior coach**Tarasova S. A.

**Отделение** Junior women's Department (track)

**Start and end of the TCB**

**From**April 20 **to**  April 262020**, 2020**

Main goals and objectives of the collection:

Goal:

Development of General physical endurance

Tasks:

1. Development of comprehensive and special physical qualities.

2. a General increase in the level of physical capabilities of the body.

**The participants of the UTS**

|  |  |
| --- | --- |
| **#** | **Full Name** |
| 1. | Titovskaya Street |
| 2. | Freeze To |
| 3. | Rafikova M. Moscow |
| 4. | Yakupova A |
| 5. | A. Yukman |
| 6. | Osim Akaal |

**The conclusions and recommendations based on carried out TCB**

The first week's microcycle passed as a pull-in. In the second weekly microcycle, we performed the same exercises at the same pace, but with a gradual increase in the number and time of training. More time was spent on the correct execution of the exercise and followed the technique of pedaling and landing on the bike. All athletes feel well, there are no sick people.

**Coach: /S. A. Tarasova/**

**REPORT FROM WEEK TO WEEK**

Junior highway departments under Quarantine 20-26. 04. 2020

|  |  |  |  |
| --- | --- | --- | --- |
|  | | | |
| **Date** | OFP date | **Velostanok** | Shosse |
| 20**.04** |  | 1 hour  10min warm-up 42 \ 16  40 min for the bottom of the steering wheel 52 \ 18\20 at 90-100 Rev\m pulse 120-130  10 min zamika 42 \ 16 | 50 km 1.5 hours |
| 21**.04** | ORU, stretching 15 min,  3 laps power  1.10p pistol on each leg  2.push-up from the floor 20p  3. press 20 R  4. squat 30p  5.boat 20p  6.The bar is 1min  7.burpee 15P  8. the static half squat 1 min | 1H 30 min  10 min warm-up 42\16  4 for 15 min for the bottom rudder 52\18 to about 100-110\m pulse 140-160 with otd 5 min  5 min Hitch | 70 km 2.5 hours |
| 22**.04** | yell, stretching 15 min | 2H  15 min warm-up 42\16  4 for 15 min for the bottom rudder 52\17 90-100 about\m pulse 140-160 with otd 5 min  10 min Hitch | 90 km, 3 hours |
| 23**.04** | yell, stretching 15 minutes | 2.5 hours  10 min warm-up 42\16  the power 5 to 20 min for the bottom rudder 52\14 75-80 on\m pulse 130-140 with otd 5 min  Hitch 10 min | of 110 km, 3.5 hours |
| 24**.04** | yelling, stretching, 15 min,  4 power circle  1.10p pistol on each leg  2.push-up from the floor 20p  3. press 20 R  4. squat 30p  5.boat 20p  6.The bar is 1min  7.burpee 15P  8. the static half squat 1 min | 1 hour  10 min workout 42\16  40 min for the bottom rudder 52\18\20 to about 90-100\m pulse 120-130  10 min samica 42\16 | 60 km, 2 hours |
| 25**.04** | yell, stretching 15 minutes | 2.5 hours  10 min warm-up 42\16  work 6 to 15 min for the bottom of the rudder on about 90-100\m  5 min 52\20  4 min 52\19  3 min 52\18  2 min 52\17  52 1 min\16  otd with 5 min  Hitch 10 min | 90 km, 3 hours |
| 26**.04** | yell, stretching 15 min | 3 h  10 min warm-up 42\16  power 6 20 min for the bottom rudder 52\14 75-80 on\m pulse 130-140 with otd 5 min  Hitch 10 min | 120 km 4 hours hours |

The Composition Of Zapparoli B. Of Kyzylorda

Dostiev I.-Shymkent

Remke A.-Talgar

Ramji R.-the ninth waveR.

UTS went according to plan, all athletes coped with the load, training was conducted in online video calls, as well as discounted data on Garmin and strava, Remkhe A., Remkhi R., and Dostiev I. were able this week to conduct all the training on the highway, but B. Zhapparuli in Kyzylorda there is no opportunity to go to the highway, there are roadblocks, so all the training took place at home in a private house.I think while in quarantine mode, we can only maintain physical security.at the basic level, the program is available for 2.5-3.5 hours per day, because All athletes are trained before lunch and the time for training is only after 14.00.Those who go to the track gain a good volume and power, which you can not do at home at bike stations.