
BALANCE OF LOADING AND RECOVERY IN THE TRAINING OF PROFESSIONAL WRESTLERS

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Abstract:	Keywords:
This article covers the theoretical and practical aspects of ensuring the balance between loading and recovery (restoration) in the sports training of professional wrestlers. Maintaining the functional state of athletes at an optimal level, preventing fatigue, injuries and a decrease in sports form caused by overload, is today one of the most relevant areas of sports medicine and sports pedagogy. The article details the types of training loadings, their intensity and size, methods of recovery (passive and active recovery), individual planning of the recovery period.	Physical development, sports, wrestling, physical quality, training, professional non-professional wrestlers, physical fitness, load, recovery, balance, athlete's health, fatigue, injury prevention.

Introduction

High performance in modern sports largely depends on the level of physical, functional and psychological training of the athlete. Especially in wrestling, which is one of the sports with strong competition, the athlete's training process requires deep planning, a clear balance between loading and recovery. An excess of load during the training process of Professional wrestlers can lead to fatigue, injuries and a decrease in sports form. Conversely, complex loadings given without adequate recovery end the body's resources, limiting the athlete's potential capabilities. Therefore, maintaining the correct balance between training loadings and recovery periods is instrumental in effectively organizing the wrestler's long-term athletic activities.

This article aims to analyze the balance of loading and recovery in the training process of professional wrestlers on a scientific-theoretical and practical basis, to outline methodological approaches and recommendations that serve to improve the effectiveness of training. The relevance of the topic is that high results in modern sports are closely related precisely to the correct management of the recovery process.

Wrestling is one of the most ancient and widespread sports in the history of mankind. It has evolved over millennia as an important part of physical fitness, martial arts and culture in various nations. The training of Professional wrestlers, especially attention to the balance of loading and recovery, began to take shape in the XIX and XX centuries in connection with the development of sports science.

While in the early days the training of wrestlers was based on more practical experience, with the development of sports medicine and sports science in the early 20th century the concept of loading and recovery planning emerged. During this period, the load — the physical and mental strain that the athlete receives during training — was measured, and the recovery period began to be considered as the process of restoring the body after fatigue.

In order for Professional wrestlers to achieve high results, the need arose to coordinate the intensity, size and recovery stages of training. Since the middle of the 20th century, scientific research has found that the balance of loading and recovery is a decisive factor in ensuring the duration, wellness and effectiveness of sports activities of athletes.

Sports scientists and specialists are actively working on creating individual loading plans in the training of professional wrestlers, ensuring that the athlete manifests its maximum capabilities through the use of various methods of recovery. Therefore, maintaining the balance of loading and recovery is considered as an integral part of the training of wrestlers.

The success of Professional wrestlers depends on their level of fitness, the proper planning of the loadings being used in training, and at the same time the optimal recovery process. The balance of load and recovery is a necessary condition for constant control of the physical and mental state of the athlete, to prevent fatigue and achieve the highest results.

The importance of the balance of loading and recovery in the training of Professional wrestlers and its management is one of the widely researched topics in the field of sports science.

1. History and main directions of scientific research

International Studies: issues of load and recovery balance are widely studied in the fields of Sports Medicine, Sports Physiology and sports psychology. Scientists have analyzed in depth the effect of the intensity, size and recovery methods of training on the results of athletes. For example, there are many scientific works on fatigue reduction and injury prevention by adjusting the dose of the load (Bompa, 1999; Zatsiorsky, 2002).

Recovery Methodology: Research has been done in the area of the recovery process and its impact on athlete performance, especially in areas such as muscle regeneration, central nervous system recovery, improvement of psychological state (Meeusen et al, 2013).

2. Research in the conditions of Uzbekistan

Research is carried out by the scientific centers of sports sciences and physical education of Uzbekistan on the study of the balance of loading and recovery in the training of professional wrestlers. In these studies:

Various diagnostic techniques (heart rate, fatigue test, metabolic analysis) are used to assess the physical condition of athletes.

The effectiveness of loading and recovery protocols is analyzed by contacting the results that athletes have achieved in competitions.

The effect of recovery methods (massage, hydrotherapy, cryotherapy) on athletes is studied and put into practice on a scientific basis.

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In particular, effective methods of maintaining the balance of loading and recovery have been developed and put into practice by scientists from the Uzbek State University of physical education and sports in research with professional wrestlers.

3. Practical results and prospects

Research has shown that individual-based management of load and recovery balance is important in prolonging wrestlers' athletic performance, avoiding injury, and achieving high results.

Scientific research continues, especially in the context of new technologies such as biological monitoring systems and the creation of methods for loading and recovery management based on artificial intelligence.

2. Content and types of downloads

Loading in the training of wrestlers is a physical and psychological effect that is given to the development of the athlete's body strength, endurance, speed and technical skills. Loading is divided into the following main types:

Physical load: exercises aimed at increasing strength, endurance, speed, flexibility.

Psychological load: trainings and activities that serve to increase concentration, attention, motivation.

Technical loading: complex actions and tactical exercises performed to improve the technique of Wrestling.

The duration, intensity and size of the load are determined individually, depending on the age, qualifications and level of physical fitness of the athlete.

3. Recovery process and its role

Recovery is the process by which an athlete recovers after training, gets rid of fatigue, muscle recovery and replenishes energy reserves. For recovery to be effective, the following aspects are important:

Breaks and rest: sufficient breaks, sleep and rest days should be set between Sessions. Recovery methods: modern recovery methods such as massage, physiotherapy, water therapy (hydrotherapy), cryotherapy improve the athlete's condition.

Nutrition and hydration: a diet enriched with proteins, vitamins and minerals necessary for proper muscle recovery.

Psychological recovery: techniques aimed at reducing stress and normalizing mental state.

4. Loading and recovery balance

The balance of load and recovery is understood as the adaptation of the load being given to the athlete's body with the recovery of the athlete's body. This balance is based on the following principles:

Personalization of the loading dose: the volume and intensity of loading are determined depending on the individual capabilities of each wrestler and the state of the organism.

Step-by-step loading increase: adapt the body to new conditions by gradually increasing the load.

Control of the recovery period: to allocate enough time for the full recovery of muscles and nervous system, to avoid excessive fatigue and injuries.

Load and recovery monitoring: constant monitoring of the athlete's condition using indicators such as heart rate, blood pressure, fatigue level.

5. Importance of load and recovery balance

Injury prevention: overloads can damage muscles and joints. Optimal recovery reduces injury. Improving the physical condition of the athlete: when the recovery is well organized, the athlete achieves high efficiency in training.

Stability of results: constant loading and compliance with the recovery balance will help maintain the athlete's results in the long run.

Psychological stability: adequate recovery keeps the mental state in balance, increasing motivation.

6. Practices in the field of loading and recovery balance in Uzbekistan

In the preparation process for professional wrestlers of Uzbekistan, loading and recovery processes are guided on a modern scientific basis.

Maintaining a balance of loading and recovery in the training of Professional wrestlers is an important condition for the athlete's health, efficiency and success in competitions. The correct designation of the load and the qualitative Organization of the recovery process are the main factors in the athlete's ability to overcome fatigue, avoid injuries and show high sports results. Therefore, in modern preparatory programs, special attention is paid to the balance of loading and recovery.

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