

Methodology for recovery planning in school long-distance runners.

Metodología para la planificación de la recuperación en fondistas escolares

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ABSTRACT

The purpose of this work is to elaborate a methodology to improve the planning of the recovery in the school innkeepers, category 13-14 years of the School of Sport Initiation of Guantánamo. Methods of the theoretical and empiric level were used: historical - logical, analytic - synthetic, hypothetical - deductive, modeling, systemic focus, analysis of documents, observation, interviews and it interviews. As results a methodology was obtained for the planning of recovery means in the microciclo in this category, of applying it would be very effective to improve the recovery of the innkeepers.

RESUMEN

El propósito de este trabajo es elaborar una metodología para mejorar la planificación de la recuperación en los fondistas escolares, categoría 13-14 años de la Escuela de Iniciación Deportiva de Guantánamo. Se utilizaron métodos del nivel teórico y empírico: histórico – lógico, analítico – sintético, hipotético – deductivo, modelación, enfoque sistémico, análisis de documentos, observación, entrevista y encuesta. Como resultados se obtuvo una metodología para la planificación de medios de recuperación en el microciclo en esta categoría, de aplicarla sería muy eficaz para mejorar la recuperación de los fondistas.

Keywords

Methodology; Planning; Recovery; School innkeepers; Microciclo.

Palabras clave

Metodología; Planificación; Recuperación; Fondistas escolares; Microciclo.

INTRODUCTION

According to Navarro (1998), long-distance running is one of the most demanding sports specialties, hence the appearance of deep acute muscular fatigue is more noticeable; hence the need to carry out recovery strategies appropriate to the needs of each athlete, in order to accelerate adaptive and supercompensatory processes.

In the sports initiation categories 13-14 years old, recovery processes are slower due to growth and physiological changes that occur in the body, as a consequence of puberty.

Due to the importance of recovery in sports training, this term has been treated by authors such as García, J.M., Navarro, M. and Ruíz, J.A. (1996), Forteza (1998). The author of this work shares the criteria of Collazo - Betancourt (2006), when he refers that in addition to the term recovery, the term recovery is often used. And both can be defined as an essential process that is urgent after the application of physical loads and the appearance of fatigue, through which the return to normality of a group of parameters that are altered during the effort is sought with the aim of objective of replenishing energy costs. The duration of this process is determined by the intensity of the effort, the level of load that has already been accumulated and by the level of the athlete involved in the action.

Authors such as García, J.M., Navarro, M. and Ruíz, J.A. (1996), Levesque (1993) mentioned by Collazo - Betancourt (2006) and Halson (2013) deal with the use of different means of recovery with the purpose of accelerating the recovery of athletes and also show the effectiveness of many of these media relative to others.

Carmichael and Rutberg consider recovery planning in their training program for road cycling, and make use of active recovery as an effective means in a recovery session, in the middle of the microcycle, to speed up recovery processes. The author of this work considers the criteria of both authors very positive and, due to its importance, takes for his methodology the use of the same recovery medium with the same intention.

In the Comprehensive Athlete Preparation Program (PIPD) the methods and means used by coaches to carry out training in this category are reflected, where the work-rest relationship is clearly shown, the same with an immediate character, with emphasis on the replacement of the energy expended in the exercises during and after the class, but it does not treat the recovery with the aim of adaptation in the microcycle, without precise methodological indications to the coaches to favor it during this period. The coaches pay special attention and apply different methods and procedures conceived in the PIPD based on the immediate recovery after the

training loads during and at the end of the class, although there are different criteria on how to perform them according to the results of the diagnosis applied to verify how recovery planning takes place in practice.

Even when there is a marked intention to carry out the recovery of athletes in this category, the means used to facilitate the recovery of the body according to the needs of each athlete are insufficient.

In consultations carried out, no references were found on this type of methodology for recovery planning in school long-distance runners in the 13-14 year-old category.

For this reason, it is important to propose new recovery planning methodologies appropriate to the real possibilities of athletes and coaches in our province in order to accelerate adaptive and supercompensatory processes during the microcycle.

This situation led to the following scientific problem: how to improve recovery planning in the category 13-14 year-old school runners of the EIDE of Guantánamo?

All this has made it possible to draw as an objective: to develop a methodology to improve recovery planning in school long-distance runners, category 13-14 years of the Guantánamo Sports Initiation School.

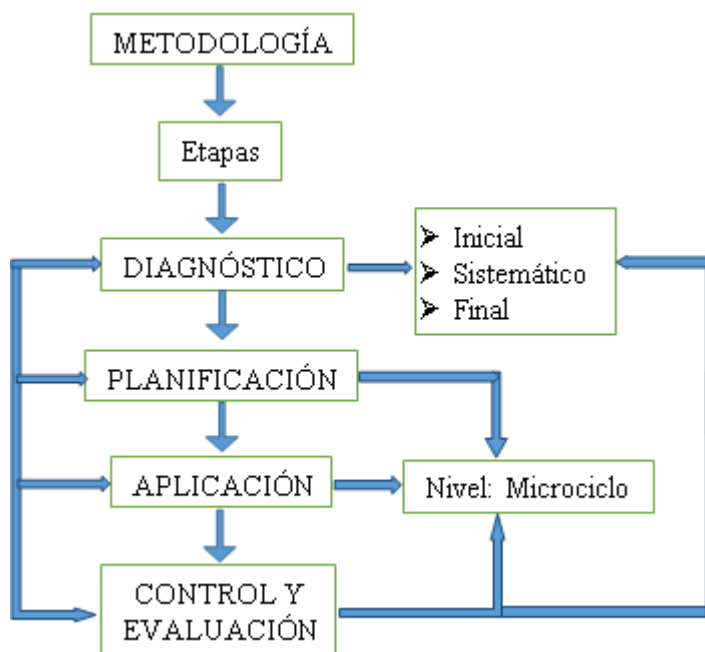
In the same way, the following hypothesis was taken into account: if a methodology for recovery planning is developed after the accumulated effects of the loads during the microcycle, then the adaptation to the training loads of school long-distance runners can be improved. Guantánamo Sports Initiation School category 13-14 years.

DEVELOPMENT

7 long-distance trainers who work in high performance in our province were taken as a universe and 4 trainers who work or have recently worked with long-distance runners in the 13-14 year-old category of high performance in our Guantánamo province were taken as a sample. In addition, empirical methods such as observation, surveys and interviews and theoretical level analysis synthesis, systemic structural functional among others were used.

This methodology is based on the construction of a model based on the proposal made by De Armas, N. et al. (2003), where it is conceived as a logical process, made up of stages or phases, in an orderly and flexible way, and it allows obtaining knowledge. It meets the following characteristics: it is open, flexible, contextual, personological and group.

Diagram of the methodology for the recovery of the school runners of Guantanamo.



The methodology consists of 4 stages; which are: 1) diagnosis, 2) planning, 3) application and 4) control and evaluation.

At stage #1 of diagnosis; The recovery of school long-distance runners 13-14 years of age at the beginning of the period of training and application of the methodology is confirmed.

Actions of stage # 1.

- Selection of the coaches who will apply the elaborated instrument (background, category 13-14 years, more than 5 years of experience).
- Train the trainers involved in the application of the methodology in a theoretical, methodological and practical way.
- Carry out the initial diagnosis of school long-distance runners to verify the level of recovery using the Verjoshanski Test.

This stage is the starting point for the planning and implementation of the methodological proposal.

In stage #2 of planning; It includes the organization of the work to be carried out by the coaches during the training period, the selection and planning of the different means of recovery.

Actions of stage # 2.

Organize a methodological meeting with the coaches to:

- Define the methods and means of recovery that will be used,
- Establish at what point in the microcycle the recovery media will be applied,
- Define in each indicated session the order of implementation of each means that will be used during the application of the methodology,
- Determine the dates for systematic controls according to training plans,
- Establish the dates for the final diagnosis, according to training plans.
- Planning of the methodology with the means of recovery for school runners category 13-14 years of the EIDE of Guantánamo.

	M	T	W	Thr	F	Sat	Sun
Session Types	Maintenance session	Important development session	Important development (important or big)	Recovery session.	Important development session	Important development (important or big)	Recovery session
Recovery Methods				Asset Ergonutritional Passive			Passive
Recovery Media				Active recovery. Relaxation Stretching liquid diet Bathroom solid diet Rest Sleep			Rest Sleep

Stage # 3 of application is the one that puts into practice the implementation of the methodology for planning the recovery of school long-distance runners in the 13-14 year-old category, which focuses on recovery at the microcycle level, taking into account what planned in the previous stage.

Actions of stage # 3.

- Application of the methodology by the coaches during the microcycle as shown in the previous table.

Stage # 4 of evaluation again checks the state of recovery after the application of the methodology, this will be done through the application of the Verjoshanski Test.

Actions of stage # 4.

- Organize a meeting with the coaches to carry out the integral evaluation of the recovery of the school long distance runners category 13-14 years.
- Verify in a group and individual way by the coaches the behavior of recovery in long-distance runners during the systematic controls and at the end of the training plan.

RESULTS

As a result of this research, a methodology was obtained that can be used in practice by long-distance coaches who work with this category, which proposes precise methodological specifications and indications for the proper use of recovery means during the microcycle based on improve recovery in school long-distance runners in the 13-14 year-old category and also facilitate the work of coaches.

DISCUSSION

Although various means or recovery techniques have been found in consultations to promote a faster recovery of athletes, no references were found on this type of methodology for recovery planning in school long-distance runners in the 13-14 year-old category, for what was made an adaptation of the most affordable means to our possibilities and they were adapted to the characteristics and possibilities of young athletes.

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