

## METHODS OF IMPROVING FUNCTIONAL CAPACITY IN PRE-COMPETITION TRAINING OF WRESTLERS

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**Abstract.** *This article discusses the scientific and methodological foundations of improving functional capacity in wrestlers during the pre-competition training period. It analyzes the development of general and special physical fitness, improvement of cardiovascular and respiratory system functions, and proper planning of training loads. In addition, the effectiveness of modern methods and tools used in pre-competition preparation is highlighted.*

**Keywords:** *wrestling, pre-competition training, functional capacity, endurance, special physical fitness, sports training, training load, recovery process.*

### Introduction

Nowadays, achieving high results in wrestling requires athletes to have a high level of physical, technical-tactical, and functional preparedness. In particular, the pre-competition training stage is considered one of the most important periods determining an athlete's success in competitions. During this stage, the main task is to adapt the athlete's body to high training loads, improve functional capacity, and bring the athlete into optimal sports condition.

Wrestling competitions are characterized by high intensity. Therefore, wrestlers must develop not only speed, strength, special endurance, and coordination abilities but also a high level of cardiovascular and respiratory system function. Insufficient functional development leads to early fatigue, a decrease in technical performance, and poor competitive results.

From this perspective, scientifically based development of methods for improving functional capacity in pre-competition training of wrestlers is one of the most important issues.

### Main Part

#### Concept of Functional Training in Wrestlers

Functional training refers to the athlete's ability to effectively perform physical workloads.

It is closely related to the body's energy systems, heart rate, oxygen metabolism, muscle activity, and recovery processes.

The following functional qualities are essential for wrestlers:

- special endurance;
- speed-strength abilities;
- anaerobic and aerobic capacity;
- movement coordination;
- recovery rate.

During the pre-competition period, improving these qualities contributes significantly to sports performance.

### **Methods for Improving Functional Capacity**

#### **Interval Training Method**

This method is based on alternating high and low-intensity exercises. Interval training strengthens the cardiovascular system and develops special endurance.

Example:

- 30 seconds of high-intensity wrestling techniques;
- 15 seconds rest;
- repeat 8–10 times.

This method is effective in improving anaerobic capacity.

#### **Circuit Training Method**

In circuit training, athletes perform a series of exercises at different stations sequentially.

This method:

- activates muscle activity;
- improves heart function;
- increases overall working capacity.

Recommended exercises for wrestlers include:

- pull-ups on the bar;
- rope climbing;
- fast movement on the mat;
- resistance partner exercises;
- jumping exercises.

#### **Development of Special Endurance**

To improve special endurance in wrestlers, training sessions close to competition conditions are used. These include:

- sparring sessions;
- wrestling with multiple opponents in a short time;
- performing technical actions under fatigue.

These exercises improve the athlete's functional stability.

#### **Importance of Recovery Processes**

Recovery plays an important role in pre-competition training. Excessive load causes fatigue in athletes. Therefore, the following recovery tools are recommended:

- massage;
- water procedures;
- active rest;
- sleep regulation;
- proper nutrition.

Properly organized recovery stabilizes functional state and improves training efficiency.

#### **Analysis of Results**

Practical observations show that regular use of interval and circuit training improves heart rate regulation, increases endurance, and enables athletes to maintain technical performance for a longer time.

In addition, the use of special functional exercises increases competitiveness and activity during matches.

### **Conclusion**

In conclusion, improving functional capacity in pre-competition training of wrestlers is one of the key factors in achieving high sports results. Scientifically planned training loads, the use of interval and circuit training methods, the development of special endurance, and proper organization of recovery processes significantly improve athletes' functional state.

As a result, athletes' performance capacity, technical-tactical actions, and overall competitive effectiveness significantly increase.

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