

THE ENDURANCE OF YOUNG ATHLETES DEVELOPMENT

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ABSTRACT

Endurance is necessary for athletes not only during competitions, but also to perform large-scale training work. It depends on the level of readiness of organs and systems (especially the central nervous system, cardiovascular, respiratory and muscular apparatus), the level of perfection of sports techniques and the ability to perform movements efficiently. This article examines aspects of developing endurance in young athletes.

KEYWORDS: *Physical Education, Physical Culture, Athletics, Sports Psychology, Sports Training.*

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