

## PROGRAM LATIHAN HARIAN TAHAP II



*Micro Cycle No: 01 (04 - 11 Agustus '09)*

*Macro Cycle No: 1*

*Training Phase: Spesific Prep*

Hari		Program	Recovery	Pulse Rate	% Max	Stroke Rate	Km
SELASA	A	U2 – Long Distance Rowing 90 divariasikan dengan berbagai drill catch'		130 – 150	75%	18 – 20	
	B	U1 – Rowing 3 x 6000 meter	2'	140 – 160	80%	20 – 22	
RABU	A	1 x 90' (10 - 15 stroke tiap 5' ditempo 24 – 26)	-	140 – 160	80%	22 – 24	
	B	Weight TR – Top Pyramid 4 set					
	C	THR – Rowing 30' – 20' – 10'	-	150 – 170	85%	22-24-26	
KAMIS	A	Transportation (4 x 5')	5'	170 – 190	95%	28 – 30	
	B	THR - (3 x 4000 meter) - ERGOMETER	5'	150 – 170	85%	24-26	
JUM'AT	A	1 x 90' (10 - 15 stroke tiap 5' ditempo 24 – 26)	-	140 – 160	80%	18 - 26	
	C	THR – Rowing 20' – 15' – 10'	-	150 – 170	85%	24-26-28	
SABTU	A	1 x 60' (10 - 15 stroke tiap 5' ditempo 26 – 28)	-	140 – 160	80%	18 - 28	
	B	Weight TR – Top Pyramid 4 set					
	C	THR – 3 x 4000 meter	6'-8'	150 – 170	85%	26-28	
MINGGU	A	Transportation 4 x 2000 meter (1250/30 – 500m/32 – 250m/34) atau 4'/30 – 2'/32 – 1'/34	6'-8'	170 – 190	95%	26 - 32	
		THR – Ergometer 3 x 3000m	6'-8'	150 – 170	85%	26-28	
SENIN	A	Off					

Intensity = FPT (Final Performance Target): 85% – 95%

Sasaran Latihan	
1. Technical Skill	
2. Strength	
3. Endurance	
4. Speed	
5. Psychologis	
Weight Training	
Warm – Up	
Cooling Down	
Drills	Catch
F&C – Flexibility&Core Stability Exercise	Flexibility Core stability exercise

## PROGRAM LATIHAN HARIAN TAHAP II



*Micro Cycle No: 02 (1-17 Agustus '09)*

*Macro Cycle No: 1*

*Training Phase: Spesific Prep*

Hari		Program	Recovery	Pulse Rate	% Max	Stroke Rate	Km
SELASA	A	U2 – Long Distance Rowing 90 divariasikan dengan berbagai drill catch'		130 – 150	75%	18 – 20	
	B	U1 – Rowing 3 x 6000 meter	2'	140 – 160	80%	20 – 22	
RABU	A	1 x 90' (10 - 15 stroke tiap 5' ditempo 24 – 26)	-	140 – 160	80%	22 – 24	
	B	Weight TR – Top Pyramid 4 set					
	C	THR – Rowing 30' – 20' – 10'	-	150 – 170	85%	22-24-26	
KAMIS	A	Transportation (4 x 5')	5'	170 – 190	95%	28 – 30	
	B	THR - (3 x 4000 meter) - ERGOMETER	5'	150 – 170	85%	24-26	
JUM'AT	A	1 x 90' (10 - 15 stroke tiap 5' ditempo 24 – 26)	-	140 – 160	80%	18 - 26	
	C	THR – Rowing 20' – 15' – 10'	-	150 – 170	85%	24-26-28	
SABTU	A	1 x 60' (10 - 15 stroke tiap 5' ditempo 26 – 28)	-	140 – 160	80%	18 - 28	
	B	Weight TR – Top Pyramid 4 set					
	C	THR – 3 x 4000 meter	6'-8'	150 – 170	85%	26-28	
MINGGU	A	Transportation 4 x 2000 meter (1250/30 – 500m/32 – 250m/34) atau 4'/30 – 2'/32 – 1'/34	6'-8'	170 – 190	95%	26 - 32	
		THR – Ergometer 3 x 3000m	6'-8'	150 – 170	85%	26-28	
SENIN	A	Off					

Intensity = FPT (Final Performance Target): 85% – 95%

Sasaran Latihan	
1. Technical Skill	
2. Strength	
3. Endurance	
4. Speed	
5. Psychologis	
Weight Training	
Warm – Up	
Cooling Down	
Drills	Catch
F&C – Flexibility&Core Stability Exercise	Flexibility Core stability exercise

## PROGRAM LATIHAN HARIAN TAHAP II



*Micro Cycle No: 03 (18 - 24 Agustus '09)    Macro Cycle No: 1    Training Phase: Spesific Prep*

Hari		Program	Recovery	Pulse Rate	% Max	Stroke Rate	Km
SELASA	A	U2 – Long Distance Rowing 90 divariasikan dengan berbagai drill catch'		130 – 150	75%	18 – 20	
	B	U1 – Rowing 3 x 6000 meter	2'	140 – 160	80%	20 – 22	
RABU	A	1 x 90' (10 - 15 stroke tiap 5' ditempo 24 – 26)	-	140 – 160	80%	22 – 24	
	B	Weight TR – Top Pyramid 4 set					
	C	THR – Rowing 30' – 20' – 10'	-	150 – 170	85%	22-24-26	
KAMIS	A	Transportation (4 x 5')	5'	170 – 190	95%	28 – 30	
	B	THR - (3 x 4000 meter) - ERGOMETER	5'	150 – 170	85%	24-26	
JUM'AT	A	1 x 90' (10 - 15 stroke tiap 5' ditempo 24 – 26)	-	140 – 160	80%	18 - 26	
	C	THR – Rowing 20' – 15' – 10'	-	150 – 170	85%	24-26-28	
SABTU	A	1 x 60' (10 - 15 stroke tiap 5' ditempo 26 – 28)	-	140 – 160	80%	18 - 28	
	B	Weight TR – Top Pyramid 4 set					
	C	THR – 3 x 4000 meter	6'-8'	150 – 170	85%	26-28	
MINGGU	A	Transportation 4 x 2000 meter (1250/30 – 500m/32 – 250m/34) atau 4'/30 – 2'/32 – 1'/34	6'-8'	170 – 190	95%	26 - 32	
		THR – Ergometer 3 x 3000m	6'-8'	150 – 170	85%	26-28	
SENIN	A	Off					

Intensity = FPT (Final Performance Target): 80% – 95%

Sasaran Latihan	
1. Technical Skill	
2. Strength	
3. Endurance	
4. Speed	
5. Psychologis	
Weight Training	
Warm – Up	
Cooling Down	
Drills	Catch
F&C – Flexibility&Core Stability Exercise	Flexibility Core stability exercise

## PROGRAM LATIHAN HARIAN TAHAP II



*Micro Cycle No: 04 (25 - 31 Agustus '09)    Macro Cycle No: 1    Training Phase: Specific Prep*

Hari		Program	Recovery	Pulse Rate	% Max	Stroke Rate	Km
SELASA	A	U2 – Long Distance Rowing 90 divariasikan dengan berbagai drill catch'		130 – 150	75%	18 – 20	
	B	U1 – Rowing 2 x 6000 meter - Ergometer	5'	140 – 160	80%	20 – 22	
RABU	A	1 x 90' (10 - 15 stroke tiap 5' ditempo 24 – 26)	-	140 – 160	80%	22 – 24	
	B	Weight TR – Top Pyramid 4 set					
	C	THR – 3 x 4000 meter	6'-8'	150 – 170	85%	26-28	
KAMIS	A	Transportation (5 x 5')	5'	170 – 190	95%	28 – 30	
	B	THR - (3 x 4000 meter) - ERGOMETER	5'	150 – 170	85%	24-26	
JUM'AT	A	1 x 90' (10 - 15 stroke tiap 5' ditempo 24 – 26)	-	140 – 160	80%	18 - 26	
	C	THR – Rowing 3 x 12'	5'	150 – 170	85%	26-28	
SABTU	A	1 x 60' (10 - 15 stroke tiap 5' ditempo 26 – 28)	-	140 – 160	80%	18 - 28	
	B	Weight TR – Top Pyramid 4 set					
	C	Rowing: 3 x 4'/28 – 3'/30 – 2'/32 – 1'/34	5'	150 – 170	85%	28-34	
MINGGU	A	Transportation 4 x 2000 meter (1250/30 – 500m/32 – 250m/34) atau 4'/30 – 2'/32 – 1'/34	6'-8'	170 – 190	95%	26 - 32	
		THR – Ergometer 3 x 3000m	6'-8'	150 – 170	85%	26-28	
SENIN	A	Off					

Intensity = FPT (Final Performance Target): 80% – 95%

Sasaran Latihan	
1. Technical Skill	
2. Strength	
3. Endurance	
4. Speed	
5. Psychologis	
Weight Training	
Warm – Up	
Cooling Down	
Drills	Catch
F&C – Flexibility&Core Stability Exercise	Flexibility Core stability exercise



## PROGRAM LATIHAN HARIAN TAHAP II



*Micro Cycle No: 05 (1 - 7 September '09)*

*Macro Cycle No: 1*

*Training Phase: Specific Prep*

Hari		Program	Recovery	Pulse Rate	% Max	Stroke Rate	Km
SELASA	A	U2 – Long Distance Rowing 90 divariasikan dengan berbagai drill catch'		130 – 150	75%	18 – 20	
	B	U1 – Rowing 2 x 6000 meter - Ergometer	5'	140 – 160	80%	20 – 22	
RABU	A	1 x 90' (10 - 15 stroke tiap 5' ditempo 24 – 26)	-	140 – 160	80%	22 – 24	
	B	Weight TR – Top Pyramid 4 set					
	C	THR – 3 x 4000 meter	6'-8'	150 – 170	85%	26-28	
KAMIS	A	Transportation (6 x 5')	5'	170 – 190	95%	28 – 30	
	B	THR - (3 x 4000 meter) - ERGOMETER	5'	150 – 170	85%	24-26	
JUM'AT	A	1 x 90' (10 - 15 stroke tiap 5' ditempo 24 – 26)	-	140 – 160	80%	18 - 26	
	C	THR – Rowing 3 x 12'	5'	150 – 170	85%	26-28	
SABTU	A	1 x 60' (10 - 15 stroke tiap 5' ditempo 26 – 28)	-	140 – 160	80%	18 - 28	
	B	Weight TR – Top Pyramid 4 set					
	C	Rowing: 3 x 4'/28 – 3'/30 – 2'/32 – 1'/34	5'	150 – 170	85%	28-34	
MINGGU	A	Transportation 4 x 2000 meter (1250/30 – 500m/32 – 250m/34) atau 4'/30 – 2'/32 – 1'/34	6'-8'	170 – 190	95%	26 - 32	
		THR – Ergometer 3 x 3000m	6'-8'	150 – 170	85%	26-28	
SENIN	A	Off					

Intensity = FPT (Final Performance Target): 80% – 95%

Sasaran Latihan	
1. Technical Skill	
2. Strength	
3. Endurance	
4. Speed	
5. Psychologis	
Weight Training	
Warm – Up	
Cooling Down	
Drills	Catch
F&C – Flexibility&Core Stability Exercise	Flexibility Core stability exercise

## PROGRAM LATIHAN HARIAN TAHAP II



*Micro Cycle No: 06 (8 - 14 September '09)*

*Macro Cycle No: 1*

*Training Phase: Spesific Prep*

Hari		Program	Recovery	Pulse Rate	% Max	Stroke Rate	Km
SELASA	A	10 deti Ergometer (3x kesempatan – diambil yang terbaik)..... Active rest 30 menit lanjut ke test 6 km.					
	B	Rowing steady state 12 km di tempo 18 -20					
RABU	A	Tes 2000 meter Maximal (Ergometer)					
	B	Rowing steady state 12 km di tempo 18 -20					
KAMIS	A	Tes 1 menit (60") Maximal (Ergometer)					
	B	OFF					
JUM'AT	A	Step Test					
	B	Rowing steady state 12 km di tempo 18 -20					
SABTU	A	Rowing 1 x 6000 meter max (by event –LM4, LM2X, LW2X dan 1 LW1X)					
	B	Rowing steady state 12 km di tempo 18 -20					
MINGGU	A	Rowing 2 x 2000 meter max (by event –LM4, LM2X, LW2X dan 1 LW1X)					
	B	Maximal Strength Test					
SENIN	A						

Intensity = FPT (Final Performance Target): 80% – 95%

## PROGRAM LATIHAN HARIAN TAHAP II



*Micro Cycle No: 06 (15 – 21 September '09)*

*Macro Cycle No: 2*

*Training Phase: Pra Competis*

Hari		Program	Recovery	Pulse Rate	% Max	Stroke Rate	Km
SELASA	A	Rowing Warming Up Rowing Long Interval 4 x 5' Rowing Cooling Down	5'	130-150 160-170	60-65 90-95	18-20 28 – 30	4 10-12 2-4
	B	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
RABU	A	Rowing Warming Up Rowing Short Interval 30/20 stroke x 10 – 2 set Rowing Cooling Down	5'	130-150 170-180	60-65 90-95	18-20 28 – 32	4 10-12 2-4
	B	Warming Up - Ergometer Strength Training – Muscle Endurance 4x1' rest 1' – rest antar exercise 2'-3' (jump, sit-up, back-up, squat, leg press, banch rowing, pull rowing, dan clean) Flexibility		130-150	60-65 50-55	18-20 28-30	4
KAMIS	A	Core Stability training Rowing Warming Up Rowing 3 x 12' Rowing Cooling Down	4'-6'	130-150 160-170	60-65 80-85	18-20 26 – 28	4 12-14 2-4
	B	OFF					
JUM'AT	A	Consentrasi/Rileksasi tr Rowing Warming Up Rowing 4'-3'-2'-1' x 3 Rowing Cooling Down	4'-6'	130-150 150-180	60-65 80-95	18-20 24/26/28/30	4 12-14 2-4
	B	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
SABTU	A	Rowing Warming Up Short Interval 40/20 stroke x 8 – 2 set Rowing Cooling Down	5'	130-150 170-180	60-65 90-95	18-20 28 – 32	4 10-12 2-4
	B	Warming Up - Ergometer Strength Training – Muscle Endurance 4x1' rest 1' – rest antar exercise 2'-3' (jump, sit-up, back-up, squat, leg press, banch rowing, pull rowing, dan clean) Flexibility		130-150	60-65 50-55	18-20 28-30	4
MINGGU	A	<b>SELAMAT HARI RAYA IEDUL FITRI 1430 H</b>					
	B						
SENIN	A						

Intensity = FPT (Final Performance Target): 80% – 95%

## PROGRAM LATIHAN HARIAN TAHAP II



*Micro Cycle No: 06 (22 - 28 September '09)*

*Macro Cycle No: 2*

*Training Phase: Pra Competis*

Hari		Program	Recovery	Pulse Rate	% Max	Stroke Rate	Km
SELASA	A	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
	B	Rowing Warming Up Rowing Long Interval 5 x 5' Rowing Cooling Down	5'	130-150 160-170	60-65 90-95	18-20 28 - 30	4 10-12 2-4
RABU	A	Rowing Warming Up Rowing Short Interval 30/20 stroke x 12 - 2 set Rowing Cooling Down	5'	130-150 170-180	60-65 90-95	18-20 28 - 32	4 10-12 2-4
	B	Warming Up - Ergometer Strength Training - Muscle Endurance 5x1' rest 1' - rest antar exercise 2'-3' (jump, sit-up, back-up, squat, leg press, banch rowing, pull rowing, dan clean) Flexibility		130-150	60-65 50-55	18-20 28-30	4
	C	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
KAMIS	A	Core Stability training Rowing Warming Up Rowing 3 x 12' Rowing Cooling Down	4'-6'	130-150 160-170	60-65 80-85	18-20 26 - 28	4 12-14 2-4
	B	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
JUM'AT	A	Consentrasi/Rileksasi tr Rowing Warming Up Rowing 4'-3'-2'-1' x 3 Rowing Cooling Down	4'-6'	130-150 150-180	60-65 80-95	18-20 24/26/28/30	4 12-14 2-4
	B	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
SABTU	A	Rowing Warming Up Short Interval 40/20 stroke x 10 - 2 set Rowing Cooling Down	5'	130-150 170-180	60-65 90-95	18-20 28 - 32	4 10-12 2-4
	B	Warming Up - Ergometer Strength Training - Muscle Endurance 5x1' rest 1' - rest antar exercise 2'-3' (jump, sit-up, back-up, squat, leg press, banch rowing, pull rowing, dan clean) Flexibility		130-150	60-65 50-55	18-20 28-30	4
	C	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
MINGGU	A	Rowing Warming-Up Routine <ul style="list-style-type: none"> <li>• Drill - 1 km</li> <li>• Steady State 1km</li> <li>• Threshold - 1 km</li> </ul>		130-150	60-65	20-22	6-8

		<ul style="list-style-type: none"> <li>• 3 – 4 Kali Akselerasi</li> <li>• 4 – 6 kali Start</li> </ul>					
	B	Consentration/Rileksasi Rowing Warming Up Rowing 2 x 2000 meter Rowing Cooling Down	10'-12'	130-150 170-180	60-65 90-95	18-20 30 – 32	4 12-14 2-4
SENIN	A	OFF					

Intensity = FPT (Final Performance Target): 80% – 95%

## PROGRAM LATIHAN HARIAN TAHAP II



*Micro Cycle No: 07 (29 Sep-5 Oct '09)*

*Macro Cycle No: 2*

*Training Phase: Pra Competis*

Hari		Program	Recovery	Pulse Rate	% Max	Stroke Rate	Km
SELASA	A	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
	B	Rowing Warming Up Rowing Long Interval 5 x 5' Rowing Cooling Down	5'	130-150 160-170	60-65 90-95	18-20 30 - 32	4 10-12 2-4
RABU	A	Rowing Warming Up Rowing Short Interval 30/20 stroke x 12 – 2 set Rowing Cooling Down	5'	130-150 170-180	60-65 90-95	18-20 32 - 34	4 10-12 2-4
	B	Warming Up - Ergometer Strength Training – Muscle Endurance 5x1' rest 1' – rest antar exercise 2'-3' (jump, sit-up, back-up, squat, leg press, banch rowing, pull rowing, dan clean) Flexibility		130-150	60-65 50-55	18-20 28-30	4
	C	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
KAMIS	A	Core Stability training Rowing Warming Up Rowing 3 x 12' Rowing Cooling Down	4'-6'	130-150 160-170	60-65 80-85	18-20 26 – 28	4 12-14 2-4
	B	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
JUM'AT	A	Consentrasi/Rileksasi tr Rowing Warming Up Rowing 4'-3'-2'-1' x 3 Rowing Cooling Down	4'-6'	130-150 150-180	60-65 80-95	18-20 26/28/30/32	4 12-14 2-4
	B	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
SABTU	A	Rowing Warming Up Short Interval 40/20 stroke x 10 – 2 set Rowing Cooling Down	5'	130-150 170-180	60-65 90-95	18-20 30 – 32	4 10-12 2-4
	B	Warming Up - Ergometer Strength Training – Muscle Endurance 5x1' rest 1' – rest antar exercise 2'-3' (jump, sit-up, back-up, squat, leg press, banch rowing, pull rowing, dan clean) Flexibility		130-150	60-65 50-55	18-20 28-30	4
	C	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
MINGGU	A	Rowing Warming-Up Routine <ul style="list-style-type: none"> <li>• Drill – 1 km + Steady State 1km</li> <li>• Threshold – 1 km + 3 – 4 x Akselerasi</li> <li>• 4 – 6 kali Start</li> </ul>		130-150	60-65	20-22	6-8

	B	Consentrasi/Rileksasi Rowing Warming Up Rowing 2 x 2000 meter (1250 – 500 – 250) atau 4'/30-32 – 2'/32-34 – 1'/34-36 Rowing Cooling Down	10'-12'	130-150 170-180	60-65 90-95	18-20 30 – 32	4 12-14 2-4
SENIN	A	OFF					

Intensity = FPT (Final Performance Target): 80% – 95%



## PROGRAM LATIHAN HARIAN TAHAP II



*Micro Cycle No: 08 (6 - 12 Oct '09)*

*Macro Cycle No: 2*

*Training Phase: Pra Competis*

Hari		Program	Recovery	Pulse Rate	% Max	Stroke Rate	Km
SELASA	A	Consentrasi/Rileksasi tr Rowing Warming Up Rowing 4'-3'-2'-1' x 3 Rowing Cooling Down	4'-6'	130-150 150-180	60-65 80-95	18-20 26/28/30/32	4 12-14 2-4
		Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
RABU	A	Rowing Warming Up Rowing Short Interval 30/10 stroke x 10 – 2 set Rowing Cooling Down	5'	130-150 170-180	60-65 90-95	18-20 30 - 32	4 10-12 2-4
	B	Warming Up - Ergometer Strength Training – Muscle Endurance 5x1' rest 1' – rest antar exercise 2'-3' (jump, sit-up, back-up, squat, leg press, banch rowing, pull rowing, dan clean) Flexibility		130-150	60-65 50-55	18-20 28-30	4
	C	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
KAMIS	A	Rowing Warming Up Rowing Long Interval 4 x 5' Rowing Cooling Down	5'	130-150 160-170	60-65 90-95	18-20 32 - 34	4 10-12 2-4
	B	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
JUM'AT	A	Core Stability training Rowing Warming Up Rowing 3 x 12' Rowing Cooling Down	4'-6'	130-150 160-170	60-65 80-85	18-20 26 – 28	4 12-14 2-4
	B	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
SABTU	A	Rowing Warming Up Short Interval 17/5 stroke x 20 – 2 set Rowing Cooling Down	5'	130-150 170-180	60-65 90-95	18-20 34	4 10-12 2-4
	B	Warming Up - Ergometer Strength Training – Muscle Endurance 5x1' rest 1' – rest antar exercise 2'-3' (jump, sit-up, back-up, squat, leg press, banch rowing, pull rowing, dan clean) Flexibility		130-150	60-65 50-55	18-20 28-30	4
	C	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
MINGGU	A	Rowing Warming-Up Routine <ul style="list-style-type: none"> <li>• Drill – 1 km + Steady State 1km</li> <li>• Threshold – 1 km + 3 – 4 x Akselerasi</li> <li>• 4 – 6 kali Start</li> </ul>		130-150	60-65	20-22	6-8

	B	Consentrasi/Rileksasi Rowing Warming Up Rowing 2 x 2000 meter (1250 – 500 – 250) atau 4'/30-32 – 2'/34 – 1'/36-38 Rowing Cooling Down	10'-12'	130-150 170-180	60-65 90-95	18-20 30 – 32	4 12-14 2-4
SENIN	A	Consentrasi/Rileksasi Rowing Warming Up Routine Rowing 6 x 500 meter Cooling down	2'	130-150 Max	60-65 Max	18-20 Max	4 8-10 4
	B	Consentrasi/Rileksasi Rowing Warming Up Routine Rowing 2 x 1000 meter Cooling down	6'-8'	130-150 Max	60-65 Max	18-20 Max	4 8-10 4

Intensity = FPT (Final Performance Target): 80% – 95%

## PROGRAM LATIHAN HARIAN TAHAP II



<i>Micro Cycle No: 09 (13 - 19 Oct '09)</i>	<i>Macro Cycle No: 2</i>	<i>Training Phase: Pra Competis</i>
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Hari	Program	Recovery	Pulse Rate	% Max	Stroke Rate	Km	
SELASA	A	TRAVEL TO PATAYA					
RABU	A	RIGGING Warming Up Routine Rowing Fartlek Fleksibility TR		130-180	60-95	18-36	4 8
	B	Warming Up Routine Rowing Fartlek Fleksibility TR		130-180	60-95	18-36	4 8
KAMIS	A	Warming Up Routine Rowing Fartlek Fleksibility TR		130-180	60-95	18-36	4 8
	B	Warming Up Routine Rowing Fartlek Fleksibility TR		130-180	60-95	18-36	4 8
JUM'AT	A/B	Race – Heat					
SABTU	A/B	Race – Semi Final					
MINGGU	A/B	Race – Final					
SENIN	A/B	TRAVEL TO JAKARTA					

Intensity = FPT (Final Performance Target): 80% – 95%
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## PROGRAM LATIHAN HARIAN TAHAP II



*Micro Cycle No: 10 (20 - 26 Oct '09)*

*Macro Cycle No: 2*

*Training Phase: Competis*

Hari		Program	Recovery	Pulse Rate	% Max	Stroke Rate	Km
SELASA	A	Core Stability tr Running Flexibility		130-150	60-65	20-22	16
		Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
RABU	A	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
	B	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
	C	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
KAMIS	A	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
	B	GAMES - FUTSAL					
JUM'AT	A	Core Stability training Rowing Warming Up Rowing 3 x (3'/28-2/30'-1'/34) Rowing Cooling Down	4'-6'	130-150 160-190	60-65 80-95	18-20 28 - 34	4 8 2-4
	B	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
SABTU	A	Rowing Warming Up Short Interval 20/10 stroke x 6 – 3 set Rowing Cooling Down	5'	130-150 170-180	60-65 90-95	18-20 32-36	4 10-12 2-4
	C	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
MINGGU	A	Rowing Warming-Up Routine • Drill – 1 km + Steady State 1km • Threshold – 1 km + 3 – 4 x Akselerasi • 4 – 6 kali Start		130-150	60-65	20-22	6-8
	B	Consentrasi/Rileksasi Rowing Warming Up Rowing 2 x 2000 meter (1250 – 500 – 250) atau 4'/30-32 – 2'/34 – 1'/36-38 Rowing Cooling Down	10'-12'	130-150 170-180	60-65 90-95	18-20 30 – 32	4 12-14 2-4
<b>SENIN</b>	<b>A</b>	<b>OFF</b>					

Intensity = FPT (Final Performance Target): 80% – 95%

## PROGRAM LATIHAN HARIAN TAHAP II



*Micro Cycle No: 11 (26 Oct - 2 Nov '09)*

*Macro Cycle No: 2*

*Training Phase: Competis*

Hari		Program	Recovery	Pulse Rate	% Max	Stroke Rate	Km
SELASA	A	Core Stability training Rowing Warming Up Rowing 3 x 4' Rowing Cooling Down	4'-6'	130-150 170-190	60-65 80-95	18-20 32 - 34	4 8 2-4
		Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
RABU	A	Rowing Warming Up Short Interval 20/10 stroke x 6 - 3 set Rowing Cooling Down	5'	130-150 170-180	60-65 90-95	18-20 34-36	4 10-12 2-4
	C	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	16
KAMIS	A	Core Stability training Rowing Warming Up Rowing 3 x (3'/28-2/30'-1'/34) Rowing Cooling Down	4'-6'	130-150 160-190	60-65 80-95	18-20 28 - 34	4 8 2-4
JUM'AT	A	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	12
	B	Core Stability tr Rowing Long Distance Tr Flexibility		130-150	60-65	20-22	12
SABTU	A	Warming Up Routine 4 x 5' m Warm-down	10'	130-150 170-180	60-65 90-95	18-20 31 - 33	4 8 2
	C	Rowing Steady State Fleksibility TR		130-180	60-95	18-20	12
MINGGU	A	Warming Up Routine 5 x 500 m di Race Pace Warm-down	1000 easy	130-150 170-180	60-65 90-95	18-20 32 - 34	4 8 4
	B	Rowing Steady State Fleksibility TR		130-180	60-95	18-20	12
SENIN	A	<b>OFF</b>					

Intensity = FPT (Final Performance Target): 80% - 95%

## PROGRAM LATIHAN HARIAN TAHAP II



*Micro Cycle No: 12 (3 Nov - 9 Nov '09)*

*Macro Cycle No: 2*

*Training Phase: Competis*

Hari		Program	Recovery	Pulse Rate	% Max	Stroke Rate	Km
SELASA	A	Warming Up Routine 6 x 250 m sprint start/finish Warm-down	1500m easy	130-150 170-180	60-65 90-95	18-20 32 - 34	4 8 2
		Rowing Steady State Fleksibility TR		130-180	60-95	18-20	12
RABU	A	Warming Up Routine 4 x 500 m di Race Pace Warm-down	1000 easy	130-150 170-180	60-65 90-95	18-20 32 - 34	4 8 2
	C	Rowing Steady State Fleksibility TR		130-180	60-95	18-20	12
KAMIS	A	Race					
JUM'AT	A	Race					
	B	Race					
SABTU	A	Race					
	C	Race					
MINGGU	A	Race					
	B	Race					
SENIN	A	<b>Travel to Jakarta</b>					

Intensity = FPT (Final Performance Target): 80% - 95%