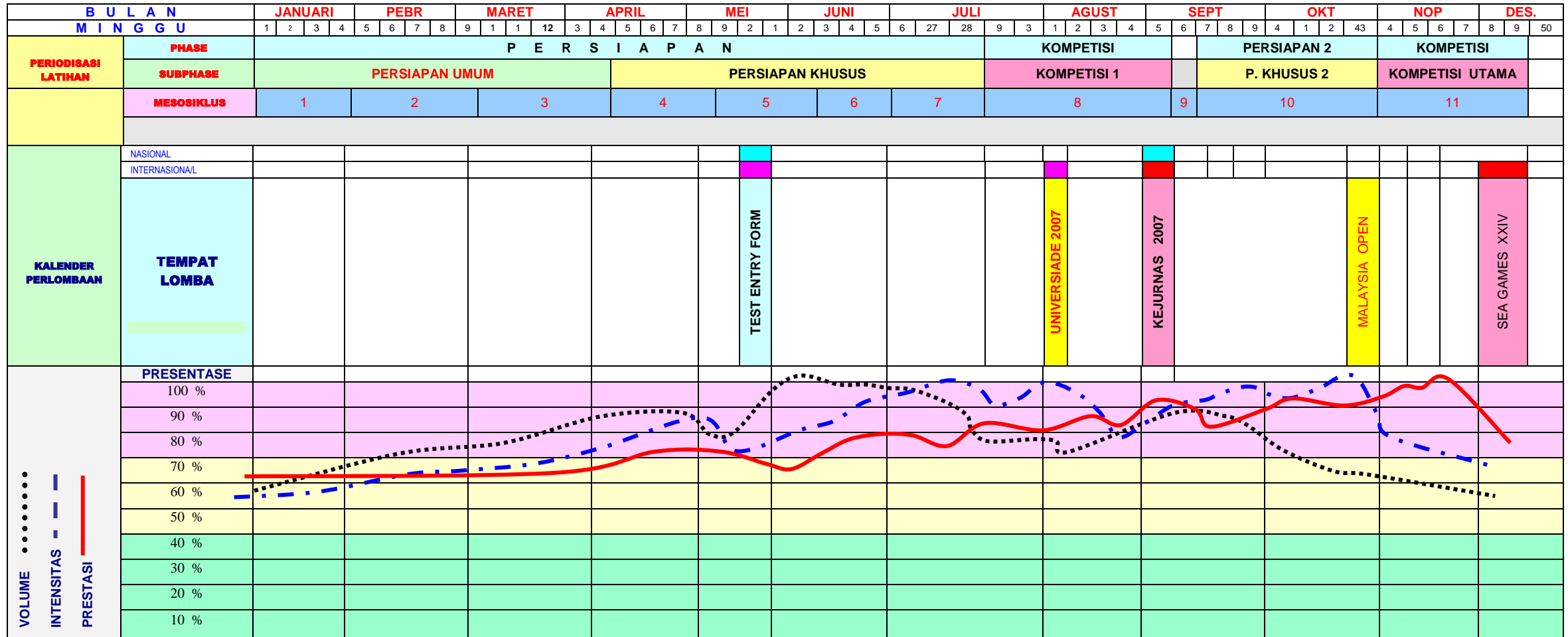


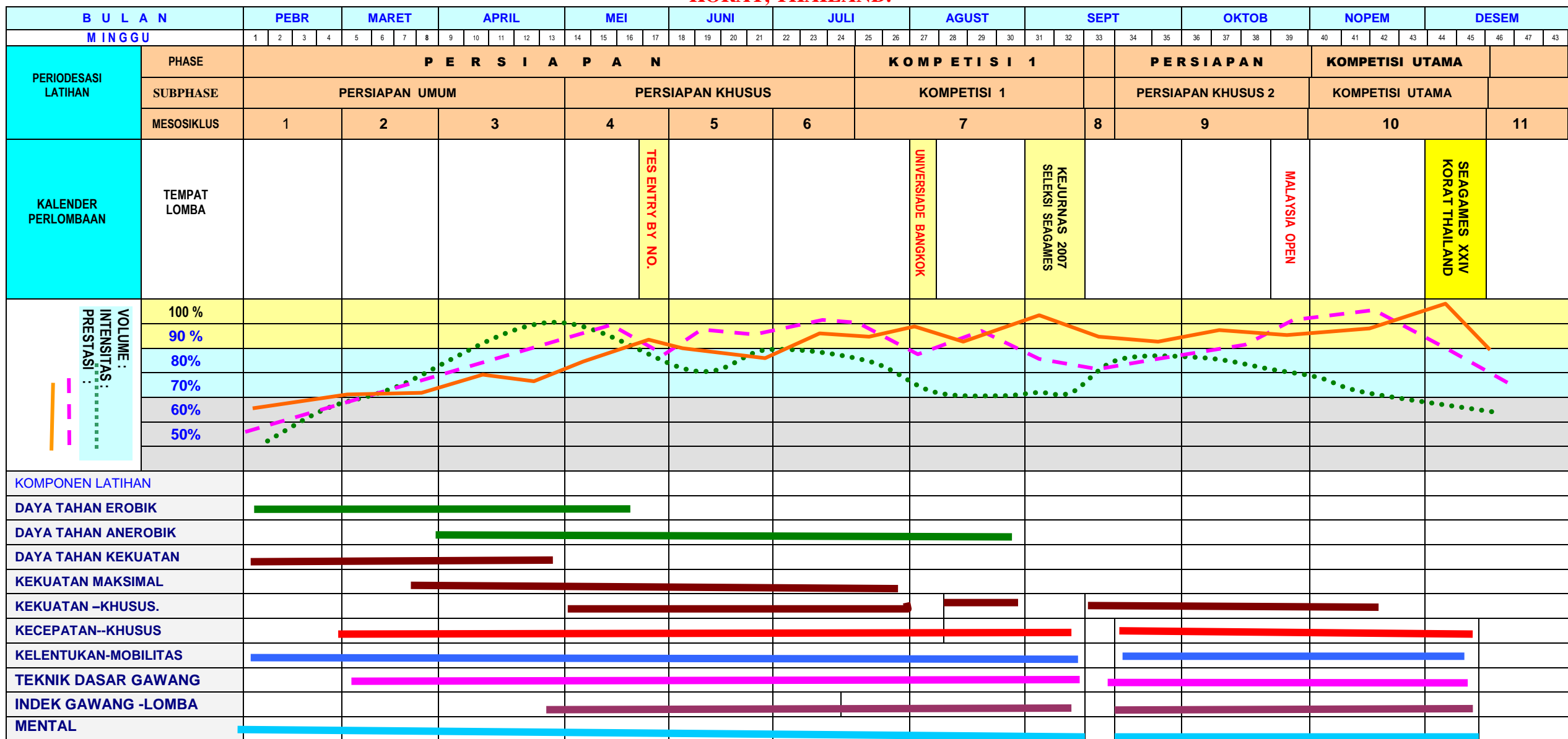
**PROGRAM PEMBINAAN PRESTASI ATLET NOMOR LOMPAT
MENUJU SEA GAMES 2007**

| NO | PERIODE LAT. | TUJUAN LATIHAN | ISI LATIHAN | SASARAN | |
|------------|---|--|--|---|---|
| | | | | LATIHAN | PARAMETER |
| I | PERSIAPAN UMUM JANUARI-APRIL 2007 | MENINGKATKAN 1. DAYA TAHAN AEROBIK 2. DAYA TAHAN AN AEROBIK 3. KEKUATAN <input type="checkbox"/> KEKUATAN UMUM <input type="checkbox"/> SUB-MAKSIMAL <input type="checkbox"/> MAKSIMAL 4. KELENTUKAN 5. KELINCAHAN 6. KECEPATAN 7. KEMAMPUAN DASAR TEKNIK | 1. LARI TERUS/FARLEK/CROSS COUNTRY 2. INTERVAL EKSTENSIF RUNNING 3. LATIHAN BEBAN <input type="checkbox"/> CIRCUIT TR /STAGE TR. <input type="checkbox"/> LATIHAN BEBAN 4. STRETCHING STATIS/DINAMIS/CONDITIONING EX. 5. SHUTTLE RUN/ COORDINATION EX. 6. ABC SPRINT/ ABC JUMP EX. 7. DRILL TEKNIK DASAR/ IMITASI TO./ AWALAN PENDEK MELAYANG/ MENDARAT /TEKNIK BAGIAN | 1. 6 -10 KM/MINGGU 2. 1000 – 1500 M/MINGGU 3. 2 KALI/MINGGU <input type="checkbox"/> 6-8 POS/3 - 5 SET/8 – 15 REP <input type="checkbox"/> 6-8 POS/60-80%/8-12 REP/3 - 5 SET 4. TIAP HARI SEBELUM/SETELAH LT/ KELENTUKAN KHUSUS 2 X 1JAM /MINGGU 5. 4-8 SERI/2 KALI/MINGGU 6. 4-8 X/60 - 40M/2 KALI/MINGGU 7. 3-5 BENTUK 2 - 6 X / MINGGU | 1. TES 2,4 KM NILAI BAIK = VO2 MAX 50 mm/kg/ St. 150 m /60 m SEBANDING 75% max Speed.. 2. <input type="checkbox"/> OTOT TUNGKAI LEG PRESS 2-2,5 X BB <input type="checkbox"/> OTOT LENGAN/ BECNH P. 1-1,5 x BB <input type="checkbox"/> ST. DINAMIS ST. TRIPLE J. = 5.4 X TB. <input type="checkbox"/> ST.VJ/ST.DJ = 78/ 74 CM 3. TERJADINYA PENINGKATAN KUALITAS DALAM KOORDINASI DASAR. 6. FLY 30/ST.30 M = 2.95” ‘ 3.90” 7. AWALAN 5 LANGKAH = BEDA 1 M |
| II | PERSIAPAN KHUSUS MEI S/D JULI AKHIR SEPTEMBER M 2 - OKTOBER 2007 | MEMPERTAHAKAN 1. DAYA TAHAN AEROBIK 2. DAYA TAHAN AN AEROBIK 3. KELENTUKAN 4. KECEPATAN 5. KEKUATAN <input type="checkbox"/> KEKUATAN MAKSIMAL <input type="checkbox"/> DAYA TAHAN KEKUATAN MAKSIMAL <input type="checkbox"/> KEKUATAN EKSPLOSIF 6. MENINGKATKAN KEMAMPUAN TEKNIK 7. MENINGKATKAN PERCAYA DIRI | 1. LARI TERUS/FARTLEK/CROSS COUNTRY 2. INTERVAL RUNNING 3. STATIS/DINAMIS STRETCHING 4. SPRINT 30-50 M 5. LATIHAN BEBAN <input type="checkbox"/> LATIHAN BEBAN/FREE WEIGHT <input type="checkbox"/> LATIHAN BEBAN/FREE WEIGHT <input type="checkbox"/> BOLA MEDISIN 6. LAT. TEKNIK KOORDINASI 7. LATIHAN MANDIRI | 1. 5 – 8 KM / MINGGU 2. 400 – 1000 M/MINGGU 3. 1X / MG AWAL DAN AKHIR LAT 4. 8 – 6 X/30 – 50 M/2 X/MINGGU 5. 4 KALI/MINGGU <input type="checkbox"/> 4-5 BENTUK/80-110 %RM/3 - 5 SET <input type="checkbox"/> 4-6BENTUK/60-80%RM/3 SET/4-6 X <input type="checkbox"/> 4-6 BENTUK/LAT 6. 4 X/MINGGU 7. TIAP KALI LATIHAN | 1. TES 2,4 KM < 10 MENIT 2. PENINGKATAN DLM KUALITAS KELENTUKAN, KECEPATAN 3. KEKUATAN NAIK 10-20 % 4. TERJADI PENINGKATAN DLM STRENGTH END DAN SPEED STRENGTH 5. PENINGKATAN DALAM KEMAMPUAN TEKNIK 6. PENINGKATAN DALAM KOORDINASI KECEPATAN AWALAN DAN TENAGA LEMPAR. (PERBEDAAN HASIL LEMPARAN TANPA AWALAN DAN DENGAN AWALAN) 7. PENGUSAAN DIRI |
| III | PERLOMBAAN AGUSTUS - SEPTEMBER M1 NOVEMBER – DESEMBER M 2 2007 | MEMPERTAHAKAN 1. KELINCAHAN 2. KECEPATAN AWALAN 3. KECEPATAN GERAK LEMPAR 4. KEKUATAN <input type="checkbox"/> DAYA TAHAN KEKUATAN MAKSIMAL <input type="checkbox"/> EKSPLOSIVE <input type="checkbox"/> SPEED STRENGTH 5. MENINGKATKAN DAN MEMELIHARA KESEMPURNAAN TEKNIK DAN APLIKASI BIOMEKANIK LEMPAR 6. KEMATANGAN JUARA | 1. BENTUK-BENTUK LAT.KELINCAHAN 2. BENTUK-BENTUK LAT. KECEPATAN 3. LEMPARAN DENGAN BENDA RINGAN 4. LATIHAN BEBAN <input type="checkbox"/> LAT. BEBAN <input type="checkbox"/> LAT. BEBAN / BOLA MEDISIN <input type="checkbox"/> LAT. BEBAN 5. LAT. TEKNIK KOORDINASI 6. LATIHAN MANDIRI / TRY OUT | 1. 2 X / MINGGU 2. 3 X/MINGGU + TIAP AWAL LAT 3. 3 X / MINGGU 4. 3 KALI/ MINGGU <input type="checkbox"/> 2 – 3 BENTUK/80-100RM%/ 2 X/MG <input type="checkbox"/> 2 – 3 BENTUK/70-80 RM%/ 2 X/MG <input type="checkbox"/> 3 – 5 BENTUK /2X/MINGGU 4. 4 X / MINGGU 5. TIAP KALI LATIHAN | 1. TES 2,4 KM < 12 MENIT 2. TERPELIHARANYA KECEPATAN AWALAN 3. TERPELIHARANYA KECEPATAN LEMPARAN. 4. TERPELIHARANYA 4. KEKUATAN MAKSIMAL DAN KEKUATAN EKSPLOSIVE 5. KEMATANGAN TEKNIK DAN PERCAYA DIRI |

PROGRAM MASTER PEMBINAAN PRESTASI ATLET NOMOR LOMPAT MENUJU SEA GAMES TAHUN 2007



**PROGRAM MASTER PEMBINAAN PRESTASI ATLET SPRINT GAWANG MENUJU SEAGAMES XXIV 2007
KORAT, THAILAND.**



PENGEMBANGAN KOMPONEN LATIHAN ATLET NOMOR LOMPAT TAHUN 2007

| B U L A N | | JANUARI | | | | PEBR | | | | MARET | | | | APRIL | | | | MEI | | | | JUNI | | | | JULI | | | | AGUST | | | | SEPT | | | | OKT. | | | | NOP. | | | | DES. | | | |
|---------------------------------|-------------|-------------|---|---|---|------|---|--------|---|-------|----|----|----|-------------|----|----|----|-------------|----|----|----|-------------|----|----|----|------|----|----|----|--------|----|----|----|------|----|----|----|------|----|----|----|------|----|----|----|------|----|----|----|
| M I N G G U | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 |
| PERIODISASI LATIHAN | PHASE | PERSIAPAN 1 | | | | | | | | | | | | KOMPETISI | | | | PERSIAPAN 2 | | | | KOMPETISI | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | SUBPHASE | UMUM | | | | | | KHUSUS | | | | | | KOMPETISI 1 | | | | P. KHUSUS 2 | | | | LOMBA-UTAMA | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | MESOSIKLUS | 1 | | | | 2 | | | | 3 | | | | 4 | | | | 5 | | | | 6 | | | | 7 | | | | 8 | | | | 9 | | | | 10 | | | | 11 | | | | 12 | | | |
| | MIKROSIKLUS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| KOMPONEN YG DIKEMBANGKAN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| A. KOMPONEN FISIK. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. DAYA TAHAN AEROBIC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2. DAYA TAHAN ANAEROB | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3. FLEKSIBILITAS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4. KECEPATAN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5. KONDITINING / MOBILITAS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6. KEKUATAN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| • DAYA TAHAN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| • SUB MAKSIMAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| • MAKSIMAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| • EKSPLOSIVE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| • SPEED STRENGTH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| B. KOMPONEN TEKNIK | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| • KOODINASI DASAR | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| • LARI AWALAN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| • MENUMPU | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| • | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| C. MENTAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| D. TES | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E. TRY-OUT/TRY-IN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TARGET | | | | | | | | | | | | | | 63-64 M | | | | 65-66 M | | | | 67-68 M | | | | 69 M | | | | > 70 M | | | | | | | | | | | | | | | | | | | |

**PROGRAM LATIHAN MESOSIKLUS (2) LARI GAWANG
TAHAP PERSIAPAN UMUM
(BULAN MARET 2007)**

NAMA : ZULKARNAEN PURBA

TB / BB : 175 CM/ 75 KG

PB : 51.61 “ (400 M Gawang)

| PHASE | | PERSIAPAN UMUM | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------------------|--------------------------------|----------------|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|--|
| MINGGU | | 1 | | | | | | | 2 | | | | | | | 3 | | | | | | | 4 | | | | | | | |
| TANGGAL | | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 1 | |
| BEBAN LATIHAN | BERAT | 100 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 90 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | SEDANG | 80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 70 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| RINGAN | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ISI LATIHAN | Senam ringan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Tes Parameter | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Peregangan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Tes Parameter | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Rest aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Kekuatan khusus// satabilisasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Aerobik endurance | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Rest aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Teknik ABC & akselerasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Conditioning /mobilitis | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Kekutan maks | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Aerobic play | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Kelentukan khusus | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Daya tahan an erobik & Gaw. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Teknik dasar Lari | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Daya tahan Kekuatan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Dasar Kecepatan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Kekuatan khusus// satabilisasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Aerobik endurance | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Rest aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Teknik ABC & akselerasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Conditioning /mobilitis | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Kekutan maks | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Aerobic play | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Kelentukan khusus | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Daya tahan an erobik & Gaw. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Teknik dasar Lari | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daya tahan Kekuatan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dasar Kecepatan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kekuatan khusus// satabilisasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Aerobik endurance | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rest aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Teknik ABC & akselerasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Conditioning /mobilitis | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kekutan maks | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Aerobic play | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kelentukan khusus | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daya tahan an erobik & Gaw. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Teknik dasar Lari | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daya tahan Kekuatan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dasar Kecepatan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kekuatan khusus// satabilisasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Aerobik endurance | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rest aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Teknik ABC & akselerasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Conditioning /mobilitis | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kekutan maks | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Aerobic play | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PAGI/SORE | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | | |
| HARI | S | SL | R | K | J | SB | M | S | SL | R | K | J | SB | M | S | SL | R | K | J | SB | M | S | SL | R | K | J | SB | M | | |

PROGRAM LATIHAN PERSIAPAN UMUM LARI SPRINT GAWANG

MESO 2 MINGGU KE II dan IV BULAN MARET TAHUN 200

NAMA : ZULKARNAEN PURBA
 TB / BB : 175 CM / 75 KG
 DN Basal : Det/Menit
 BP : 51.61" (400 M Gawang)

STATUS KONDISI : Abs. Speed : 10.41M/det
 Speed End : 8.90 m/det.
 Spec. Speed End : 9.15 / 8.13 m/det.
 General Enduranc: 52.2 ml/kg/men.

ST.Dinamis : 10 Alert Bounding 36.86 M
 5 HOP Ki/Ka : 13.45/13.65 m
 Max Strength Leg/Arm : 175 Kg/ 75 Kg
 Fac.400 m Flat :

| SENIN, 12/19/26 MARET 2007 | SELASA, 13 / 20/ 27 MARET 2007 | RABU, 14 / 21 / 28 MARET 2007 | MINGGU, 18/25 -3-07 |
|---|--|---|---------------------|
| P. Jog & Senam Umum Lari ABC 25 m 5 pos 5 X Peregangan khusus 40 m gawang . | P. Senam Peregangan & jog rilek Lari ABC Gawang 30 m 5 pos 7 x Akselerasi Toes up 60 m 7x Jog rileks | P. Jog rileks 20' & senam umum Akselerasi diagonal di rumpaut lebar –panjang 12 ‘ x 3 seri Rileksasi & jog | Resr Aktiv |
| S. Jog 4 kel & senam peregangan Lari diagonal & 4 gawang 5’ x 5 seri RI DN120 Jog rileks & peregangan | S. Jog 4x & peregangan banyak Stage Tr. 4 seri 5 pos rep 10 – 12 RI 3 - 5 ‘ (leg pres 130/10, bench P. 60/10, P.Clean 55/10, 1/2 Squat 130 /12, leg Curl 60/12) . Akselerasi rendah –meningkat 80 m 5 x rileksasi | S. Senam & Peregangan Stabilitation & Hold Circuit 4 pos & ABC 5 seri R between Jog. Pereganga yang banyak | |
| KAMIS, 15 / 22 / 29 MARET 2007 | JUM AT, 16 / 23 / 30 MARET 2007 | SABTU, 17 / 24 / 31 MARET 2007 | |
| P. Peregangan khusu 30’ Interval ekstensiv ditikungan akselerasi –lurus jog 4 keliling x 3 . Peregangan rilaks . | P. Senam umum & jogging 4 kel. Lari ABC Koordinasi & kecepatan 4 pos x 5 20 M Fly 100 m 5 x . Peregangan rileks | P. Jog & senam banyak Maks Strength rep. 4 - 6 beban 90 % 5 pos (P. Clean 65/5, ½ Squat, 150/6/, leaf 70/ 10, jack Press. 60 / 6, leg Curl --/8, leg Ext./8,) Akselerasi 60 m dg tungkai aktif dan tingi Jog rilek. | |
| S. REST AKTIF | S. Jog 5 kel & senan gawang Conditioning umum & mobilitas 20 pos rep. 20 3 - 5 seri Jog rileks . | S. Bermain kecepatan / Fartleks 40 menit. | |

PROGRAM LATIHAN MIKROSIKLUS I LEMPAR LEMBING PUTRA
MINGGU KE II dan III
BULAN PEBRUARI TAHUN 2007

HERCULES ZAENUDIN PRESTASI TERBAIK TAHUN INI = METER SASARAN BULAN INI = METER

| SENIN 12/19 | SELASA 13/20 | RABU 14/21 |
|---|---|--|
| <ul style="list-style-type: none"> ■ PAGI ❖ LATIHAN KOORDINASI ABC <ul style="list-style-type: none"> ○ 5 BENTUK LATIHAN ○ MASING-MASING 5 REPETISI ○ JARAK 20-25 METER ○ (5 X 5 X 20-25 METER) ■ SORE ❖ CIRCUIT TRAINING <ul style="list-style-type: none"> • SQUAT THRUST 10 X • SIT UPS 20 X • OVER HEAD MEDISINE BALL 10 X • BACK UPS 20 X • PUSH UPS 20 X • SHUTTLE RUN 5 X 5 METER • VERTICAL JUMPS 10 X • STRIDING 4 X 50 METER | <ul style="list-style-type: none"> ■ PAGI ❖ Jogging 10 keliling <ul style="list-style-type: none"> • Senam statis dinamis • Striding 10 x 80 meter ■ SORE ❖ DRILL TEKNIK <ul style="list-style-type: none"> ▪ Lempar tajam jarak 5 M, 10 M, 20 M, masing-masing 20 kali ▪ Lempar manis 20 x (30 – 40 meter) ❖ STRIDING 5 X ❖ STRETCHING | <ul style="list-style-type: none"> ■ PAGI ❖ ISTIRAHAT AKTIF <ul style="list-style-type: none"> ▪ Jogging di rumput 6 keliling ▪ Senam-senam ■ SORE ❖ CIRCUIT TRAINING <ul style="list-style-type: none"> • SQUAT THRUST 10 X • SIT UPS 20 X • OVER HEAD MEDISINE BALL 10 X • BACK UPS 20 X • PUSH UPS 20 X • SHUTTLE RUN 5 X 5 METER • VERTICAL JUMPS 10 X ❖ STRIDING 4 X 50 METER |
| KAMIS 15/22 | JUMAT 16/23 | SABTU 17/24 |
| <ul style="list-style-type: none"> ■ PAGI ❖ Latihan Mobilitas dan fleksibilitas <ul style="list-style-type: none"> • Mobilitas persendian lower dan upper body • Streching pasif/aktif • PEMBEKALAN ❖ SIT UPS/PUSH UPS/BACK UPS ■ SORE ❖ LATIHAN STABILITASI <ul style="list-style-type: none"> ▪ 6 BENTUK LATIHAN ▪ 3 SERI ▪ 30 DETIK / BENTUK | <ul style="list-style-type: none"> ■ PAGI ❖ TEKNIK IMITASI <ul style="list-style-type: none"> ▪ Gerak lempar tanpa alat ▪ Gerak lempar di samping dinding ▪ Gerak lempar pakai ban karet/pakai bola ▪ Pembekalan ■ SORE ❖ Weight Tr <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 8 X 70 – 80 KG • CLEAN 3 X 8 X 70 – 75 KG • Leg press 3 X 8 X 110 KG • TRUNK TWIST 3 X 8 X 40 KG • AYUN PLATE 3 X 8 X 20 KG • IMITASI GERAK LEMPAR 3X 8X 2KG ❖ STRIDING | <ul style="list-style-type: none"> ■ PAGI ❖ LATIHAN FLEKSIBILITAS <ul style="list-style-type: none"> • STATIS/DINAMIS • PASIF/PNF |

PROGRAM LATIHAN MIKROSIKLUS I LEMPAR LEMBING PUTRA
MINGGU KE IV
BULAN PEBRUARI TAHUN 2007

HERCULES ZAENUDIN PRESTASI TERBAIK TAHUN INI = METER SASARAN BULAN INI = METER

| SENIN 26 | SELASA 27 | RABU 28 |
|---|---|--|
| <ul style="list-style-type: none"> ■ PAGI ❖ LATIHAN KOORDINASI ABC <ul style="list-style-type: none"> ○ 5 BENTUK LATIHAN ○ MASING-MASING 5 REPETISI ○ JARAK 20-25 METER ○ (5 X 5 X 20-25 METER) ■ SORE ❖ CIRCUIT TRAINING <ul style="list-style-type: none"> • SQUAT THRUST 10 X • SIT UPS 20 X • OVER HEAD MEDISINE BALL 10 X • BACK UPS 20 X • PUSH UPS 20 X • SHUTTLE RUN 5 X 5 METER • VERTICAL JUMPS 10 X • STRIDING 4 X 50 METER | <ul style="list-style-type: none"> ■ PAGI ❖ Latihan Mobilitas dan fleksibilitas <ul style="list-style-type: none"> • Mobilitas persendian lower dan upper body • Streching pasif/aktif • PEMBEKALAN • SIT UPS/PUSH UPS/BACK UPS ■ SORE ❖ DRILL TEKNIK <ul style="list-style-type: none"> ▪ Lempar tajam jarak 5 M, 10 M, 20 M, masing-masing 20 kali ▪ Lempar manis 20 x (30 – 40 meter) ❖ STRIDING 5 X ❖ STRETCHING | <ul style="list-style-type: none"> ■ PAGI ❖ ISTIRAHAT AKTIF <ul style="list-style-type: none"> ▪ Jogging di rumput 6 keliling ▪ Senam-senam ■ SORE ❖ Weight Tr <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 8 X 70 – 80 KG • CLEAN 3 X 8 X 70 – 75 KG • Leg press 3 X 8 X 110 KG • TRUNK TWIST 3 X 8 X 40 KG • AYUN PLATE 3 X 8 X 20 KG • IMITASI GERAK LEMPAR 3X 8X 2KG ❖ STRIDING |
| KAMIS 29 | JUMAT 30 | SABTU 31 |
| <ul style="list-style-type: none"> ■ PAGI ■ BOLA MEDISINE <ul style="list-style-type: none"> ○ LEMPAR DEPAN BAWAH 10 X 2 ○ LEMPAR DEPAN ATAS 10 X 2 ○ LEMPAR ATAS BELAKANG 10 X 2 ○ LEMPAR SAMPING KIRI 10 X 2 ○ LEMPAR SAMPING KANAN 10 X 2 ○ SIT UPS LEMPAR 10 X 2 ○ BACK UPS 10 X 2 ❖ STRIDING 5 X ■ SORE ❖ TEKNIK IMITASI <ul style="list-style-type: none"> ▪ Gerak lempar tanpa alat ▪ Gerak lempar di samping dinding ▪ Gerak lempar pakai ban karet/pakai bola ▪ Pembekalan | <ul style="list-style-type: none"> ■ PAGI ❖ Jogging 10 keliling • Senam statis dinamis • Striding 10 x 80 meter ■ SORE ❖ Weight Tr <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 8 X 70 – 80 KG • CLEAN 3 X 8 X 70 – 75 KG • Leg press 3 X 8 X 110 KG • TRUNK TWIST 3 X 8 X 40 KG • AYUN PLATE 3 X 8 X 20 KG • IMITASI GERAK LEMPAR 3X 8X 2KG ❖ STRIDING | <ul style="list-style-type: none"> ■ PAGI ❖ LATIHAN FLEKSIBILITAS <ul style="list-style-type: none"> • STATIS/DINAMIS • PASIF/PNF ❖ |

**PROGRAM LATIHAN MESOSIKLUS II NOMOR LOMPAT
TAHAP PERSIAPAN KHUSUS
(BULAN MARET 2008)**

| PHASE | | PERSIAPAN KHUSUS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------------|--|------------------|----|----|----|----|----|----|----|----|----|-----|----|----|----|----|----|----|----|----|----|-----|----|----|----|----|----|----|----|----|----|
| MINGGU | | 9 | | | | | | | 10 | | | | | | | 11 | | | | | | | 12 | | | | | | | | |
| TANGGAL | | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | |
| BEBAN LATIHAN | BERAT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | SEDANG | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | RINGAN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 100 | 90 | 80 | 70 | 60 | 50 | 40 | 30 | 20 | 10 | 100 | 90 | 80 | 70 | 60 | 50 | 40 | 30 | 20 | 10 | 100 | 90 | 80 | 70 | 60 | 50 | 40 | 30 | 20 | 10 |
| ISI LATIHAN | <p>Lari ABC 4 Pos 20 mx5. Teknii TO dg awalan pendek Senam khusus & jog ringan Ms St. 4 set 70/10,89/8,90/5,95/5 Rest aktif Speed ext 80-60-40 (3-5-7) Senam stabilisasi khusus Bdg exer. 150 x/ H:V =80:20 ABC run 4pos 20& fly 30m 5x Teknik awalan H to V / MS Ex.70/10,80/8,90/5,95/5 Rest aktif Permainan kondisi 50 menit Istirahat Lari ABC 4 Pos 20 mx5. Teknii TO dg awalan pendek Senam khusus & jog ringan Ms St. 4 set 70/10,89/8,90/5,95/5 Rest aktif Speed ext 80-60-40 (3-5-7) Senam stabilisasi khusus Bdg exer. 150 x/ H:V =80:20 ABC run 4pos 20& fly 30m 5x Teknik awalan H to V MS Ex.70/10,80/8,90/5,95/5 Rest aktif Permainan kondisi 50 menit Istirahat Lari ABC 4 Pos 20 mx5. Teknii TO dg awalan pendek Senam khusus & jog ringan Ms St. 4 set 70/10,89/8,90/5,95/5 Rest aktif Speed ext 80-60-40 (3-5-7) Senam stabilisasi khusus Bdg exer. 150 x/ H:V =80:20 ABC run 4pos 20& fly 30m 5x Teknik awalan /melayang MS Ex.70/10,80/8,90/5,95/5 Rest aktif Permainan kondisi 50 menit Istirahat Lari ABC 4 Pos 20 mx5. Teknii TO dg awalan pendek Senam khusus & jog ringan Ms St. 4 set 70/10,89/8,90/5,95/5 Rest aktif Speed ext 80-60-40 (3-5-7) Senam stabilisasi khusus Bdg exer. 150 x/ H:V =80:20 Tes parameter Tes parameter MS Ex.70/10,80/8,90/5,95/5 Rest aktif Permainan kondisi 50 menit Istirahat</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | PAGI/SORE | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S |
| | HARI | S | S | R | K | J | S | M | S | S | S | R | K | J | S | M | S | S | R | K | J | S | M | S | S | S | R | K | J | S | M |

**PROGRAM LATIHAN MESOSIKLUS III NOMOR LOMPAT
TAHAP PERSIAPAN KHUSUS
(BULAN APRIL 2008)**

| PHASE | | PERSIAPAN KHUSUS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------------|--------|------------------------|---------------------------|---------------------------|-----------------------------------|------------|-----------------------------|--------------------------|-----------------------------|-----------------------------|------------------------|----------------------------|------------|----------------------------|------------------|------------------------|---------------------------|---------------------------|-----------------------------------|------------|-----------------------------|--------------------------|-----------------------------|-----------------------------|-------------------------|----------------------------|------------|----------------------------|------------------|------------------------|---------------------------|---------------------------|-----------------------------------|------------|-----------------------------|--------------------------|-----------------------------|---------------|---------------|----------------------------|------------|----------------------------|------------------|---|
| MINGGU | | 9 | | | | | | | | 10 | | | | | | | | 11 | | | | | | | | 12 | | | | | | | | | | | | | | | | | | |
| TANGGAL | | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | | | | | | | | | | | | | | |
| BEBAN LATIHAN | BERAT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | SEDANG | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | RINGAN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ISI LATIHAN | | Lari ABC 4 Pos 20 mx5. | Tekni TO dg awalan pendek | Senam khusus & jog ringan | Ms St. 4 set 70/10,89/8,90/5,95/5 | Rest aktif | Speed ext 80-60-40 (3-5-7) | Senam stabilisasi khusus | Bdg exer. 150 x/ H:V =80:20 | ABC run 4pos 20& fly 30m 5x | Teknik awalan H to V / | MS Ex.70/10,80/8,90/5,95/5 | Rest aktif | Permainan kondisi 50 menit | Istirahat | Lari ABC 4 Pos 20 mx5. | Tekni TO dg awalan pendek | Senam khusus & jog ringan | Ms St. 4 set 70/10,89/8,90/5,95/5 | Rest aktif | Speed ext 80-60-40 (3-5-7) | Senam stabilisasi khusus | Bdg exer. 150 x/ H:V =80:20 | ABC run 4pos 20& fly 30m 5x | Teknik awalan /melayang | MS Ex.70/10,80/8,90/5,95/5 | Rest aktif | Permainan kondisi 50 menit | Istirahat | Lari ABC 4 Pos 20 mx5. | Tekni TO dg awalan pendek | Senam khusus & jog ringan | Ms St. 4 set 70/10,89/8,90/5,95/5 | Rest aktif | Speed ext 80-60-40 (3-5-7) | Senam stabilisasi khusus | Bdg exer. 150 x/ H:V =80:20 | Tes parameter | Tes parameter | MS Ex.70/10,80/8,90/5,95/5 | Rest aktif | Permainan kondisi 50 menit | Istirahat | |
| | | PAGI/SORE | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | | |
| | | HARI | S | S | R | K | J | S | M | S | S | R | K | J | S | M | S | S | R | K | J | S | M | S | S | R | K | J | S | M | S | S | R | K | J | S | M | S | S | R | K | J | S | M |

**PROGRAM LATIHAN MESOSIKLUS 3 LOMPAT HORIZONTAL
TAHAP PERSIAPAN UMUM
(BULAN MARET 2007)**

**DONI SUSANTO, 19 TH.
P B : 7.32 M / 15.34 M**

| PHASE | | PERSIAPAN UMUM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------------|-------------------------------|----------------|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|--|--|--|
| MINGGU | | 5 | | | | | | 6 | | | | | | 7 | | | | | | 8 | | | | | | | | | | | | |
| TANGGAL | | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 1 | | | |
| BEBAN LATIHAN | BERAT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | SEDANG | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | RINGAN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ISI LATIHAN | Koordinasi dan Senam | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Penguatan dasar Lari ABC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PAGI/SORE | Stabilisasi khusus | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Weight Tr. Rep.12 4 set 5 pos | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | Lari ABC /koordinasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Stabilisasi sirkuit 4 seri. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SL | Rest aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Ektensif/ DTAN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| R | DTA & Flex. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Play jumping field 1 jam | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| K | St. sirkuit 5 pos rep.15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Jog reillek 40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J | Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Koordinasi dan Senam | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SB | Penguatan dasar Lari ABC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Stabilisasi khusus | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M | Weight Tr. Rep.12 4 set 5 pos | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lari ABC /koordinasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | Stabilisasi sirkuit 4 seri. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Rest aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SL | Ektensif/ DTAN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | DTA & Flex. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| R | Play jumping field 1 jam | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | St. sirkuit 5 pos rep.15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| K | Jog reillek 40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J | Koordinasi dan Senam | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Penguatan dasar Lari ABC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SB | Stabilisasi khusus | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Weight Tr. Rep.12 4 set 5 pos | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M | Lari ABC /koordinasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Stabilisasi sirkuit 4 seri. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | Rest aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Ektensif/ DTAN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SL | DTA & Flex. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Play jumping field 1 jam | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| R | St. sirkuit 5 pos rep.15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Jog reillek 40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| K | Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Koordinasi dan Senam | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J | Penguatan dasar Lari ABC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Stabilisasi khusus | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SB | Weight Tr. Rep.12 4 set 5 pos | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lari ABC /koordinasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M | Stabilisasi sirkuit 4 seri. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Rest aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | Lari ABC Ringan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Flex. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SL | Tes Parameter fisik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Tes parameter teknik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| R | Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Koordinasi dan Senam | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| K | Penguatan dasar Lari ABC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Stabilisasi khusus | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J | Weight Tr. Rep.12 4 set 5 pos | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lari ABC /koordinasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SB | Stabilisasi sirkuit 4 seri. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Rest aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M | Lari ABC Ringan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Flex. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | Tes Parameter fisik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Tes parameter teknik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SL | Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Koordinasi dan Senam | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| R | Penguatan dasar Lari ABC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Stabilisasi khusus | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| K | Weight Tr. Rep.12 4 set 5 pos | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lari ABC /koordinasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J | Stabilisasi sirkuit 4 seri. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Rest aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SB | Lari ABC Ringan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Flex. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M | Tes Parameter fisik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Tes parameter teknik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Koordinasi dan Senam | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SL | Penguatan dasar Lari ABC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Stabilisasi khusus | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| R | Weight Tr. Rep.12 4 set 5 pos | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lari ABC /koordinasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| K | Stabilisasi sirkuit 4 seri. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Rest aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J | Lari ABC Ringan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Flex. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SB | Tes Parameter fisik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Tes parameter teknik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M | Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Koordinasi dan Senam | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | Penguatan dasar Lari ABC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Stabilisasi khusus | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SL | Weight Tr. Rep.12 4 set 5 pos | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lari ABC /koordinasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| R | Stabilisasi sirkuit 4 seri. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Rest aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| K | Lari ABC Ringan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Flex. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J | Tes Parameter fisik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Tes parameter teknik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SB | Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Koordinasi dan Senam | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M | Penguatan dasar Lari ABC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Stabilisasi khusus | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | Weight Tr. Rep.12 4 set 5 pos | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lari ABC /koordinasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SL | Stabilisasi sirkuit 4 seri. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Rest aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| R | Lari ABC Ringan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Flex. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| K | Tes Parameter fisik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Tes parameter teknik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J | Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Koordinasi dan Senam | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SB | Penguatan dasar Lari ABC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Stabilisasi khusus | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M | Weight Tr. Rep.12 4 set 5 pos | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lari ABC /koordinasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | Stabilisasi sirkuit 4 seri. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Rest aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SL | Lari ABC Ringan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Flex. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| R | Tes Parameter fisik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Tes parameter teknik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| K | Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Koordinasi dan Senam | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J | Penguatan dasar Lari ABC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Stabilisasi khusus | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SB | Weight Tr. Rep.12 4 set 5 pos | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lari ABC /koordinasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M | Stabilisasi sirkuit 4 seri. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Rest aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | Lari ABC Ringan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Flex. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SL | Tes Parameter fisik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Tes parameter teknik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| R | Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Koordinasi dan Senam | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| K | Penguatan dasar Lari ABC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Stabilisasi khusus | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J | Weight Tr. Rep.12 4 set 5 pos | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lari ABC /koordinasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SB | Stabilisasi sirkuit 4 seri. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Rest aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M | Lari ABC Ringan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Flex. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | Tes Parameter fisik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Tes parameter teknik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SL | Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Koordinasi dan Senam | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| R | Penguatan dasar Lari ABC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Stabilisasi khusus | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| K | Weight Tr. Rep.12 4 set 5 pos | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lari ABC /koordinasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J | Stabilisasi sirkuit 4 seri. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Rest aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SB | Lari ABC Ringan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Flex. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M | Tes Parameter fisik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Tes parameter teknik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

**PROGRAM LATIHAN MIKROSIKLUS 5, LEMPAR LEMBING PUTRA
MINGGU KE II BULAN MARET TAHUN 2007**

HERCULES ZAENUDIN

PRESTASI TERBAIK TAHUN INI = 62 M

SASARAN BULAN INI = > 62 METER

| SENIN 5 | SELASA 6 | RABU 7 |
|--|--|--|
| <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ LATIHAN KOORDINASI ABC <ul style="list-style-type: none"> ○ 5 BENTUK LATIHAN ○ MASING-MASING 5 REPETISI ○ JARAK 20-25 METER ○ (5 X 5 X 20-25 METER) <p>■ SORE</p> <ul style="list-style-type: none"> ❖ CIRCUIT TRAINING <ul style="list-style-type: none"> • SQUAT THRUST 10 X • SIT UPS 20 X • OVER HEAD MEDISINE BALL 10 X • BACK UPS 20 X • PUSH UPS 20 X • SHUTTLE RUN 5 X 5 METER • VERTICAL JUMPS 10 X • STRIDING 4 X 50 METER | <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ LATIHAN TEKNIK <ul style="list-style-type: none"> • PEMANASAN 3 KELILING • LEMPAR TAJAM TANPA AWALAN • 20 X (10 M – 20 M – 30 M) X 80 % POWER • LEMPAR MANIS 20 X 40 METER CROSS ■ SORE ❖ BOLA MEDISINE 4 KG <ul style="list-style-type: none"> ○ LEMPAR DEPAN BAWAH 10 X 2 ○ LEMPAR DEPAN ATAS 10 X 2 ○ LEMPAR ATAS BELAKANG 10 X 2 ○ LEMPAR SAMPING KIRI 10 X 2 ○ LEMPAR SAMPING KANAN 10 X 2 ○ SIT UPS LEMPAR 10 X 2 ○ BACK UPS 10 X 2 ❖ STRIDING 5 X ❖ STRETCHING | <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ ISTIRAHAT AKTIF <p>■ SORE</p> <ul style="list-style-type: none"> ❖ WEIGHT TRAINING ❖ BENTUK LATIHAN <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 8 X 70 – 80 KG • CLEAN 3 X 8 X 70 – 75 KG • ½ SQUAT 3 X 8 X 150 KG • TRUNK TWIST 3 X 8 X 40 KG • AYUN PLATE 3 X 8 X 20 KG • IMITASI GERAK LEMPAR 3 X 8 X 4 KG ❖ STRIDING 5 X ❖ STRETCHING |
| KAMIS 8 | JUMAT 9 | SABTU 10 |
| <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ TES AWAL LEMPARAN <ul style="list-style-type: none"> • LEMPAR TANPA AWALAN 6 X • LEMPAR 1 CROSS 6 X • LEMPAR AWALAN 5 LANGHKAH 3 X • PEMBEKALAN ❖ SIT UPS/PUSH UPS/BACK UPS <p>■ SORE</p> <ul style="list-style-type: none"> ❖ LATIHAN AEROBIK <ul style="list-style-type: none"> ▪ JOGGING 30 MENIT | <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ TES KEKUATAN <ul style="list-style-type: none"> ▪ SNATCH ▪ CLEAN ▪ 1/2 SQUAT ▪ BENCH PRESS ■ SORE ❖ TEKNIK IMITASI <ul style="list-style-type: none"> ▪ TWO HANDED OVER HEAD THROW 4 KG MEDISINE BALL ▪ GERAK LEMPAR STATIS • GERAK LEMPAR PAKAI STANG 2 KG • 3 X 10 LEMPAR KE JARING (2 KG BOLA MEDISINE) • DRILL AWALAN 5 X 30 M SPRINT ❖ STRIDING | <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ LATIHAN FLEKSIBILITAS <ul style="list-style-type: none"> • STATIS/DINAMIS • PASIF/PNF |

PROGRAM LATIHAN MIKROSIKLUS 6, LEMPAR LEMBING PUTRA
MINGGU KE III
BULAN MARET TAHUN 2007

HERCULES ZAENUDIN PRESTASI TERBAIK TAHUN INI = 62,50 METER SASARAN BULAN INI = > 62 METER

| SENIN 12 | SELASA 13 | RABU 14 |
|---|--|---|
| <ul style="list-style-type: none"> ■ PAGI ❖ LATIHAN KOORDINASI ABC <ul style="list-style-type: none"> ○ 5 BENTUK LATIHAN ○ MASING-MASING 5 REPETISI ○ JARAK 20-25 METER ○ (5 X 5 X 20-25 METER) ■ SORE ❖ CIRCUIT TRAINING <ul style="list-style-type: none"> • SQUAT THRUST 10 X • SIT UPS 20 X • OVER HEAD MEDISINE BALL 10 X • BACK UPS 20 X • PUSH UPS 20 X • SHUTTLE RUN 5 X 5 METER • VERTICAL JUMPS 10 X • STRIDING 4 X 50 METER | <ul style="list-style-type: none"> ■ PAGI ❖ LATIHAN TEKNIK <ul style="list-style-type: none"> • PEMANASAN 3 KELILING • LEMPAR TAJAM TANPA AWALAN • 20 X (10 M – 20 M – 30 M) X 80 % POWER • LEMPAR MANIS 20 X 40 METER CROSS • LEMPAR MANIS 20 X 50 M AWALAN 3 -5 ■ SORE ❖ BOLA MEDISINE 4 KG <ul style="list-style-type: none"> ○ LEMPAR DEPAN BAWAH 10 X 2 ○ LEMPAR DEPAN ATAS 10 X 2 ○ LEMPAR ATAS BELAKANG 10 X 2 ○ LEMPAR SAMPING KIRI 10 X 2 ○ LEMPAR SAMPING KANAN 10 X 2 ○ SIT UPS LEMPAR 10 X 2 ○ BACK UPS 10 X 2 ❖ STRIDING 5 X | <ul style="list-style-type: none"> ■ PAGI ❖ ISTIRAHAT AKTIF ■ SORE ❖ WEIGHT TRAINING ❖ BENTUK LATIHAN <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 8 X 70 – 80 KG • CLEAN 3 X 8 X 70 – 75 KG • ½ SQUAT 3 X 8 X 150 KG • TRUNK TWIST 3 X 8 X 40 KG • AYUN PLATE 3 X 8 X 20 KG • IMITASI GERAK LEMPAR 3 X 8 X 4 KG ❖ STRIDING 5 X ❖ STRETCHING |
| KAMIS 15 | JUMAT 16 | SABTU 17 |
| <ul style="list-style-type: none"> ■ PAGI ❖ STABILISASI <ul style="list-style-type: none"> ▪ 6 BENTUK LATIHAN STABILISASI ■ SORE <ul style="list-style-type: none"> • LATIHAN AEROBIK <ul style="list-style-type: none"> • LARI TERUS SELAMA 40 MENIT • PEMBEKALAN • SIT UPS/PUSH UPS/BACK UPS | <ul style="list-style-type: none"> ■ PAGI ❖ TEKNIK IMITASI <ul style="list-style-type: none"> ▪ TWO HANDED OVER HEAD THROW 4 KG MEDISINE BALL ▪ GERAK LEMPAR STATIS • GERAK LEMPAR PAKAI STANG 2 KG • 3 X 10 LEMPAR (2 KG B. MEDISINE) • DRILL AWALAN 5 X 30 M SPRINT ■ SORE WEIGHT TR <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 8 X 70 – 80 KG • CLEAN 3 X 8 X 70 – 75 KG • ½ SQUAT 3 X 8 X 150 KG • TRUNK TWIST 3 X 8 X 40 KG • AYUN PLATE 3 X 8 X 20 KG • IMITASI LEMPAR 3 X 8 X 2 KG | <ul style="list-style-type: none"> ■ PAGI ❖ LATIHAN FLEKSIBILITAS <ul style="list-style-type: none"> • STATIS/DINAMIS • PASIF/PNF |

PROGRAM LATIHAN MIKROSIKLUS 7, LEMPAR LEMBING PUTRA
MINGGU KE IV
BULAN MARET TAHUN 2007

HERCULES ZAENUDIN PRESTASI TERBAIK TAHUN INI = 62 METER SASARAN BULAN INI = > 62 METER

| SENIN 19 | SELASA 20 | RABU 21 |
|---|---|--|
| <ul style="list-style-type: none"> ■ PAGI ❖ LATIHAN KOORDINASI ABC <ul style="list-style-type: none"> ○ 5 BENTUK LATIHAN ○ MASING-MASING 5 REPETISI ○ JARAK 20-25 METER ○ (5 X 5 X 20-25 METER) ■ SORE ❖ WEIGHT TRAINING ❖ BENTUK LATIHAN <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 6 X 80 KG ▪ CALF RAISES 3 X 8 X 140 KG • TRUNK TWIST 3 X 8 X 40 KG • LEG PRESS 3 X 15 X 140 KG • AYUN PLATE 3 X 8 X 20 KG • IMITASI GERAK LEMPAR 3 X 8 X 3 KG ❖ STRIDING 5 X • STRETCHING | <ul style="list-style-type: none"> ■ PAGI ❖ BOLA MEDISINE 4 KG <ul style="list-style-type: none"> ○ LEMPAR BAWAH DEPAN 10 X 2 ○ LEMPAR DEPAN ATAS (OVER HEAD THROW) STANDING 10 X ○ AWALAN 2 LANGKAH 10 X 2 ○ LEMPAR ATAS BELAKANG 10 X 2 ○ LEMPAR SAMPING KIRI 10 X 2 ○ LEMPAR SAMPING KANAN 10 X 2 ○ SIT UPS LEMPAR 10 X 2 ○ BACK UPS 10 X 2 ❖ STRIDING 5 X ☑ SORE ❖ LATIHAN TEKNIK <ul style="list-style-type: none"> • PEMANASAN 3 KELILING • DRILL AWALAN 5 – 7 LANGKAH MENUJU KECEPATAN • DRILL AWALAN PENUH LEMBING MENUJU KECEPATAN • LEMPAR MANIS (AWALAN 3 -5 LANGLAH) • PERHATIKAN JALANNYA LEMBING HARUS MULUS. | <ul style="list-style-type: none"> ■ PAGI ❖ ISTIRAHAT AKTIF ■ SORE ❖ WEIGHT TRAINING ❖ BENTUK LATIHAN <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 6 X 85 KG • SNATCH 3 X 6 X 60 KG • ½ SQUAT 3 X 8 X 150 KG • TRUNK TWIST 3 X 8 X 40 KG • AYUN PLATE 3 X 8 X 20 KG • IMITASI GERAK LEMPAR 3 X 8 X 4 KG ❖ STRIDING 5 X ❖ STRETCHING |
| KAMIS 22 | JUMAT 23 | SABTU 24 |
| <ul style="list-style-type: none"> ■ PAGI • LATIHAN AEROBIK <ul style="list-style-type: none"> • LARI TERUS SELAMA 40 MENIT • PEMBEKALAN ❖ SIT UPS/PUSH UPS/BACK UPS ■ SORE ❖ STABILISASI <ul style="list-style-type: none"> ▪ 6 BENTUK LATIHAN STABILISASI ▪ TIAP BENTUK 30 DETIK ▪ 3 SERIE | <ul style="list-style-type: none"> ■ PAGI ❖ TEKNIK IMITASI <ul style="list-style-type: none"> ▪ TWO HANDED OVER HEAD THROW 4 KG MEDISINE BALL ▪ GERAK LEMPAR STATIS • GERAK LEMPAR PAKAI STANG 2 KG • 3 X 10 LEMPAR (2 KG B, MEDISINE) • DRILL AWALAN 5 X 30 M SPRINT ■ SORE ■ TEKNIK <ul style="list-style-type: none"> • DRILL 3 LANGKAH CROSS 15 X • 3 LANGKAH CROSS LEMPAR 10 X 80 % • DRILL AWALAN BAWA LEMBING 10 X 30 METER • AWALAN PENUH LEMPAR 10 X 70 % • PULL OVER BENGKOK 4 X 8 X 40 KG (BARBELL) • STRIDING/STRETCHING | <ul style="list-style-type: none"> ■ PAGI ❖ LATIHAN FLEKSIBILITAS <ul style="list-style-type: none"> • STATIS/DINAMIS • PASIF/PNF |

PROGRAM LATIHAN MIKROSIKLUS 8, LEMPAR LEMBING PUTRA
MINGGU KE V

BULAN MARET TAHUN 2007

HERCULES ZAENUDIN PRESTASI TERBAIK TAHUN INI = 62 METER SASARAN BULAN INI = > 62 METER

| SENIN 25 | SELASA 26 | RABU 27 |
|---|---|---|
| <ul style="list-style-type: none"> ■ PAGI ❖ LATIHAN KOORDINASI ABC <ul style="list-style-type: none"> ○ 5 BENTUK LATIHAN ○ MASING-MASING 5 REPETISI ○ JARAK 20-25 METER ○ (5 X 5 X 20-25 METER) ■ SORE ❖ WEIGHT TRAINING ❖ BENTUK LATIHAN <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 6 X 80 KG ▪ CALF RAISES 3 X 8 X 140 KG ▪ TRUNK TWIST 3 X 8 X 40 KG ▪ LEG PRESS 3 X 15 X 140 KG ▪ AYUN PLATE 3 X 8 X 20 KG ▪ IMITASI GERAK LEMPAR 3 X 8 X 3 KG ❖ STRIDING 5 X • STRETCHING | <ul style="list-style-type: none"> ■ PAGI ❖ LATIHAN TEKNIK <ul style="list-style-type: none"> • PEMANASAN 3 KELILING • LEMPAR TAJAM TANPA AWALAN • 20 X (10 M – 20 M – 30 M) X 80 % POWER • LEMPAR MANIS 20 X 40 M (1 LANGKAH CROSS) • LEMPAR MANIS 20 X 50 M (AWALAN 3 -5 LANGLAH) • PERHATIKAN JALANNYA LEMBING HARUS MULUS. ■ SORE ❖ BOLA MEDISINE 4 KG <ul style="list-style-type: none"> ○ LEMPAR DEPAN BAWAH 10 X 2 ○ LEMPAR DEPAN ATAS (OVER HEAD THROW) STANDING 10 X ○ AWALAN 2 LANGKAH 10 X 2 ○ LEMPAR ATAS BELAKANG 10 X 2 ○ LEMPAR SAMPING KIRI 10 X 2 ○ LEMPAR SAMPING KANAN 10 X 2 ○ SIT UPS LEMPAR 10 X 2 ○ BACK UPS 10 X 2 ❖ STRIDING 5 X | <ul style="list-style-type: none"> ■ PAGI ❖ ISTIRAHAT AKTIF ■ SORE ❖ TES BEBAN 1 RM ❖ BENTUK LATIHAN <ul style="list-style-type: none"> ▪ BENCH PRESS ▪ SNATCH • ½ SQUAT • BENT (PULL OVER BENGKOK) ❖ STRETCHING |
| KAMIS 28 | JUMAT 29 | SABTU 30 |
| <ul style="list-style-type: none"> ■ PAGI ❖ STABILISASI <ul style="list-style-type: none"> ▪ 6 BENTUK LATIHAN STABILISASI ■ SORE • LATIHAN AEROBIK <ul style="list-style-type: none"> • LARI TERUS SELAMA 40 MENIT • PEMBEKALAN • SIT UPS/PUSH UPS/BACK UPS | <ul style="list-style-type: none"> ■ PAGI • ISTIRAHAT AKTIF • JOGGING / STRIDING 5 X 50 M • STRECHING • ■ SORE ■ TES PARAMETER PRESTASI <ul style="list-style-type: none"> ▪ TANPA AWALAN 3 X ▪ 1 LANGKAH CROSS 3 X ▪ 5 LANGKAH CROSS 3 X | <ul style="list-style-type: none"> ■ PAGI ❖ LATIHAN FLEKSIBILITAS <ul style="list-style-type: none"> • STATIS/DINAMIS • PASIF / PNF |

**PROGRAM LATIHAN MESOSIKLUS III LEMPAR LEMBING DAN LEMPAR CAKRAM
TAHAP PERSIAPAN UMUM
(BULAN APRIL 2007)**

| PHASE | | PERSIAPAN UMUM | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------|---------------|-----------------------|----|---|---|---|----|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|
| MINGGU | | 9 | | | | | | | 10 | | | | | | | 11 | | | | | | | 12 | | | | | | | |
| TANGGAL | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | |
| BEBAN LATIHAN | BERAT | 100 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 90 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | SEDANG | 70 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | RINGAN | 40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ISI LATIHAN | | ABC | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Beban I/Medicine ball | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Kecepatan | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Teknik | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Istirahat Aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Weight Training | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Stabilisasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Teknik | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Teknik Imitasi | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Weight Training | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fleksibilitas | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ---- | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ABC/Kecepatan | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Medicine ball | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Kecepatan | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Teknik | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Istirahat Aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Weight Training | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Gawang | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Teknik Awalan | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Weight Tr | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Teknik | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fleksibilitas | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ---- | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ABC/Kecepatan | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Weight training | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Kecepatan | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Teknik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Istirahat Aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Weight Training | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Medicine ball | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Teknik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Weight Training | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Teknik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fleksibilitas | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ABC/Kecepatan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Weight tr/Bola medicin | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Teknik | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fleksibilitas | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Istirahat Aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tes Lemparan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tes parameter | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tes Kekuatan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Istirahat Aktif | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fleksibilitas | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jog stretching | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PAGI/SORE | | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | |
| HARI | | S | SL | R | K | J | SB | M | S | SL | R | K | J | SB | M | S | SL | R | K | J | SB | M | S | SL | R | K | J | SB | M | |

PROGRAM LATIHAN MIKROSIKLUS 9
MINGGU KE 1 BULAN APRIL TAHUN 2007

HERCULES ZAENUDIN

PRESTASI TERBAIK TAHUN INI = 62, METER

SASARAN BULAN INI = 63 METER

| SENIN 2 | SELASA 3 | RABU 4 |
|---|--|---|
| <ul style="list-style-type: none"> ■ PAGI ❖ LATIHAN KOORDINASI ABC <ul style="list-style-type: none"> ○ 5 BENTUK LATIHAN ○ MASING-MASING 5 REPETISI ○ JARAK 20-25 METER ○ 5 X (5 X 20-25 METER) ■ SORE ❖ WEIGHT TRAINING ❖ BENTUK LATIHAN <ul style="list-style-type: none"> ▪ LEG PRESS 3 X 10 X 130 KG • CALF PRESS 3 X 8 X 100 KG • WRIST CURLL 3 X 8 X (30-40 KG) ❖ LEMPAR BOLA MEDISINE (3 KG) <ul style="list-style-type: none"> • OVERHEAD THROW 3 X 10 MENYAMPING TANPA AWALAN • OVERHEAD THROW 3 LANGKAH 3 X 10 • LEMPAR BOLA 2 X 10 X (1 KG) ❖ STRIDING 5 X • STRETCHING | <ul style="list-style-type: none"> ■ PAGI ❖ LATIHAN KECEPATAN <ul style="list-style-type: none"> ○ WARM UP + STRETCHING ○ INTI <ul style="list-style-type: none"> ▪ SPRINT TANPA LEMBING 5 X 50 M ▪ STRIDING MEMBAWA LEMBING 5 X 50 M ▪ SPRINT BAWA LEMBING, TURUNKAN (PERSIAPAN CROSS) 5 X 40 M ▪ PELEMASAN ☞ SORE ❖ LATIHAN TEKNIK <ul style="list-style-type: none"> • PEMANASAN 3 KELILING • DRILL AWALAN 5 – 7 LANGKAH CEPAT PROGRESSIF • DRILL AWALAN PENUH CEPAT PROGRESSIF • LEMPAR MANIS (AWALAN 3 -5 LANGLAH) PERHATIKAN JALANNYA LEMBING HARUS MULUS. ◆ BEBAN (PULL OVER BENGKOK 3 X 6 X 50 KG) ◆ SIT UPS/BACK UPS 3 SERIE | <ul style="list-style-type: none"> ■ PAGI ❖ ISTIRAHAT AKTIF/ JOGGING DIRUMPUT ■ SORE ❖ WEIGHT TRAINING ❖ BENTUK LATIHAN <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 6 X 80 KG (EKSPLOSIVE) • SNATCH 3 X 6 X 60 KG • ½ SQUAT 3 X 8 X 150 KG • TRUNK TWIST 3 X 8 X 40 KG • AYUN PLATE 3 X 8 X 20 KG • IMITASI GERAK LEMPAR 3 X 8 X 4 KG ❖ STRIDING 5 X ❖ STRETCHING |
| KAMIS 5 | JUMAT 6 | SABTU 7 |
| <ul style="list-style-type: none"> ■ PAGI ❖ STABILISASI <ul style="list-style-type: none"> ▪ 6 BENTUK LATIHAN STABILISASI ▪ TIAP BENTUK 30 DETIK ▪ 3 SERIE ■ SORE ❖ LATIHAN TEKNIK <ul style="list-style-type: none"> ◆ LEMPAR TAJAM 20 X (10-20-30 METER) ◆ LEMPAR T. AWALAN 10 X 50 METER ◆ DRILL 3 LANGKAH CROSS 6 X ◆ DRILL 5 LANGKAH CROSS 6 X ◆ LEMPAR 5 LANGKAH CROSS 6 X 55 M ◆ SPRINT BAWA LEMBING 4 X 50 M ◆ STRETCHING | <ul style="list-style-type: none"> ■ PAGI ❖ TEKNIK IMITASI <ul style="list-style-type: none"> ▪ OVER HEAD THROW 4 KG BOLA MEDISINE 3 X 10 • GERAK LEMPAR PAKAI STANG 2 KG (2 X 10) • LEMPAR BOLA 1 KG AWALAN 3 LANGKAH 20 X) • DRILL SPRINT AWALAN 5 X 40 M ■ SORE ❖ WEIGHT TRAINING ❖ BENTUK LATIHAN <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 6 X 80 KG (EKSPLOSIVE) • SNATCH 3 X 6 X 60 KG • SPLIT SQUAT JUMP 3 X 8 X 60 KG • TRUNK TWIST 3 X 8 X 40 KG • PULL OVER BENGKOK 3 X 8 X 50 KG • IMITASI GERAK LEMPAR 3 X 8 X 3 KG STANG • STRIDING 5 X / STRETCHING | <ul style="list-style-type: none"> ■ PAGI ❖ LATIHAN FLEKSIBILITAS <ul style="list-style-type: none"> • STATIS/DINAMIS • PASIF/PNF |

ROGRAM LATIHAN MIKROSIKLUS 10
MINGGU KE II BULAN APRIL TAHUN 2007

HERCULES ZAENUDIN PRESTASI TERBAIK TAHUN INI = 62, METER SASARAN BULAN INI = 63 METER

| SENIN 9 | SELASA 10 | RABU 11 |
|--|---|--|
| <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ LATIHAN KOORDINASI ABC <ul style="list-style-type: none"> ○ 5 BENTUK LATIHAN ○ MASING-MASING 5 REPETISI ○ JARAK 20-25 METER ○ 5 X (5 X 20-25 METER) <p>■ SORE</p> <ul style="list-style-type: none"> ❖ WEIGHT TRAINING ❖ BENTUK LATIHAN <ul style="list-style-type: none"> ▪ LEG PRESS 3 X 10 X 130 KG • CALF PRESS 3 X 8 X 100 KG • WRIST CURLL 3 X 8 X (30-40 KG) ❖ LEMPAR BOLA MEDISINE (3 KG) <ul style="list-style-type: none"> • OVERHEAD THROW 3 X 10 MENYAMPING TANPA AWALAN • OVERHEAD THROW 3 LANGKAH 3 X 10 • LEMPAR BOLA 2 X 10 X (1 KG) ❖ STRIDING 5 X <ul style="list-style-type: none"> • STRETCHING | <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ LATIHAN KECEPATAN <ul style="list-style-type: none"> ○ WARM UP + STRETCHING ○ INTI <ul style="list-style-type: none"> ▪ SPRINT TANPA LEMBING 5 X 50 M ▪ STRIDING MEMBAWA LEMBING 5 X 50 M ▪ SPRINT BAWA LEMBING, TURUNKAN (PERSIAPAN CROSS) 5 X 40 M ▪ PELEMASAN <p>■ SORE</p> <ul style="list-style-type: none"> ❖ LATIHAN TEKNIK <ul style="list-style-type: none"> • PEMANASAN 3 KELILING • DRILL AWALAN 5 – 7 LANGKAH CEPAT PROGRESSIF • DRILL AWALAN PENUH CEPAT PROGRESSIF • LEMPAR MANIS (AWALAN 3 -5 LANGLAH) PERHATIKAN JALANNYA LEMBING HARUS MULUS. ◆ BEBAN (PULL OVER BENGKOK 3 X 6 X 50 KG) ◆ SIT UPS/BACK UPS 3 SERIE | <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ ISTIRAHAT AKTIF/ JOGGING DIRUMPUT <p>■ SORE</p> <ul style="list-style-type: none"> ❖ WEIGHT TRAINING ❖ BENTUK LATIHAN <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 6 X 80 KG (EKSPLOSIVE) • SNATCH 3 X 6 X 60 KG • ½ SQUAT 3 X 8 X 150 KG • TRUNK TWIST 3 X 8 X 40 KG • AYUN PLATE 3 X 8 X 20 KG • IMITASI GERAK LEMPAR 3 X 8 X 4 KG ❖ STRIDING 5 X ❖ STRETCHING |
| KAMIS 12 | JUMAT 13 | SABTU 14 |
| <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ LATIHAN POWER TUNGKAI (GAWANG) <ul style="list-style-type: none"> ○ LOMPAT DG DUA KAKI 2 X 6 X 8 GW ○ LOMPAT GAWANG 1 LANGKAH 2 X 6 X 8 GAWANG ○ LOMPAT GAWANG IRAMA 3 LANGKAH 6 X 5 GAWANG ○ STRETCHING <p>■ SORE</p> <ul style="list-style-type: none"> ❖ LATIHAN TEKNIK AWALAN <ul style="list-style-type: none"> • PEMANASAN 3 KELILING • LEMPAR TAJAM 20 X (10-20-30 METER) • DRILL AWALAN 5 – 7 LANGKAH CEPAT PROGRESSIF • DRILL AWALAN PENUH CEPAT PROGRESSIF • LEMPAR MANIS (AWALAN 3 -5 LANGLAH) PERHATIKAN JALANNYA LEMBING HARUS MULUS. ◆ BEBAN (PULL OVER BENGKOK 3 X 6 X 50 KG) ◆ SIT UPS/BACK UPS 3 SERIE | <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ WEIGHT TRAINING ❖ BENTUK LATIHAN <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 6 X 80 KG (EKSPLOSIVE) • SNATCH 3 X 6 X 60 KG • SPLIT SQUAT JUMP 3 X 8 X 60 KG • TRUNK TWIST 3 X 8 X 40 KG • PULL OVER BENGKOK 3 X 8 X 50 KG • IMITASI GERAK LEMPAR 3 X 8 X 3 KG STANG • STRIDING 5 X / STRETCHING <p>■ SORE</p> <ul style="list-style-type: none"> ■ LATIHAN TEKNIK SEPERTI KAMIS SORE | <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ LATIHAN FLEKSIBILITAS <ul style="list-style-type: none"> • STATIS/DINAMIS • PASIF/PNF |

**PROGRAM LATIHAN MIKROSIKLUS 11
MINGGU KE III
BULAN APRIL TAHUN 2007**

HERCULES ZAENUDIN PRESTASI TERBAIK TAHUN INI = 62, METER SASARAN BULAN INI = 63 METER

| SENIN 16 | SELASA 17 | RABU 18 |
|--|--|--|
| <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ LATIHAN KOORDINASI ABC <ul style="list-style-type: none"> ○ 5 BENTUK LATIHAN ○ MASING-MASING 5 REPETISI ○ JARAK 20-25 METER ○ 5 X (5 X 20-25 METER) <p>■ SORE</p> <ul style="list-style-type: none"> ❖ WEIGHT TRAINING ❖ BENTUK LATIHAN <ul style="list-style-type: none"> ▪ LEG PRESS 3 X 10 X 130 KG ▪ CALF PRESS 3 X 8 X 100 KG • WRIST CURLL 3 X 8 X (30-40 KG) ❖ LEMPAR BOLA MEDISINE (3 KG) <ul style="list-style-type: none"> • OVERHEAD THROW 3 X 10 MENYAMPING TANPA AWALAN • OVERHEAD THROW 3 LANGKAH 3 X 10 • LEMPAR BOLA 2 X 10 X (1 KG) ❖ STRIDING 5 X • STRETCHING | <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ LATIHAN KECEPATAN <ul style="list-style-type: none"> ○ WARM UP + STRETCHING ○ INTI <ul style="list-style-type: none"> ▪ SPRINT TANPA LEMBING 5 X 50 M ▪ STRIDING MEMBAWA LEMBING 5 X 50 M ▪ SPRINT BAWA LEMBING, TURUNKAN (PERSIAPAN CROSS) 5 X 40 M ▪ PELEMASAN <p>☞ SORE</p> <ul style="list-style-type: none"> ❖ LATIHAN TEKNIK <ul style="list-style-type: none"> • PEMANASAN 3 KELILING • DRILL AWALAN 5 – 7 LANGKAH CEPAT PROGRESSIF • DRILL AWALAN PENUH CEPAT PROGRESSIF • LEMPAR MANIS (AWALAN 3 -5 LANGKAH) • PERHATIKAN JALANNYA LEMBING HARUS MULUS. ◆ BEBAN (PULL OVER BENGKOK 3 X 6 X 50 KG) ◆ SIT UPS/BACK UPS 3 SERIE | <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ ISTIRAHAT AKTIF/ JOGGING DIRUMPUT <p>■ SORE</p> <ul style="list-style-type: none"> ❖ WEIGHT TRAINING ❖ BENTUK LATIHAN <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 6 X 80 KG (EKSPLOSIVE) • SNATCH 3 X 6 X 60 KG • LEG PRESS 3 X 8 X 130 KG • TRUNK TWIST 3 X 8 X 40 KG • AYUN PLATE 3 X 8 X 20 KG • IMITASI GERAK LEMPAR 3 X 8 X 4 KG ❖ STRIDING 5 X ❖ STRETCHING |
| KAMIS 19 | JUMAT 20 | SABTU 21 |
| <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ BOLA MEDISINE 4 KG <ul style="list-style-type: none"> ○ OVER HEAD THROW STAND 2 X 10 AWALAN 3 LANGKAH 2 X 10 ○ LEMPAR ATAS BELAKANG 10 X 2 ○ LEMPAR SAMPING KIRI 10 X 2 ○ LEMPAR SAMPING KANAN 10 X 2 ○ SIT UPS LEMPAR 10 X 2 ○ BACK UPS 10 X 2 STRIDING 5 X <p>■ SORE</p> <ul style="list-style-type: none"> ❖ LATIHAN TEKNIK <ul style="list-style-type: none"> ◆ LEMPAR TAJAM 20 X (10-20-30 METER) ◆ LEMPAR T. AWALAN 10 X 50 METER ◆ DRILL 3 LANGKAH CROSS 6 X ◆ DRILL 5 LANGKAH CROSS 6 X ◆ LEMPAR 5 LANGKAH CROSS 6 X 55 M ◆ SPRINT BAWA LEMBING 4 X 50 M ◆ STRETCHING | <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ TEKNIK IMITASI <ul style="list-style-type: none"> ▪ OVER HEAD THROW 4 KG BOLA MEDISINE 3 X 10 • GERAK LEMPAR PAKAI STANG 2 KG (2 X 10) • LEMPAR BOLA 1 KG AWALAN 3 LANGKAH 20 X) • DRILL SPRINT AWALAN 5 X 40 M <p>■ SORE</p> <ul style="list-style-type: none"> ❖ WEIGHT TRAINING ❖ BENTUK LATIHAN <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 6 X 80 KG (EKSPLOSIVE) • SNATCH 3 X 6 X 60 KG • SPLIT SQUAT JUMP 3 X 8 X 60 KG • TRUNK TWIST 3 X 8 X 40 KG • PULL OVER BENGKOK 3 X 8 X 50 KG • IMITASI GERAK LEMPAR 3 X 8 X 3 KG STANG • STRIDING 5 X / STRETCHING | <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ LATIHAN FLEKSIBILITAS <ul style="list-style-type: none"> • STATIS/DINAMIS • PASIF/PNF |

**PROGRAM LATIHAN MESOSIKLUS IV LEMPAR LEMBING DAN LEMPAR CAKRAM
TAHAP PERSIAPAN KHUSUS
(BULAN MEI 2007)**

| PHASE | | PERSIAPAN UMUM | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------------|--------------------|--|--|--|--|----|---|----|----|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|
| MINGGU | | 13 | | | | | | 14 | | | | | | 15 | | | | | | 16 | | | | | | | | | | |
| TANGGAL | | 30 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | |
| BEBAN LATIHAN | BERAT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | SEDANG | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | RINGAN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ISI LATIHAN | ABC Weight training Teknik Medicine ball Istirahat Aktif Weight Training Gawang/power tungkai Teknik Imitasi Drill Awalan Weight Training Fleksibilitas Istirahat Aktif Istirahat | ABC/kecepatan Weight training Medicine ball Teknik Jogg-Stretching Weight Training Kecepatan/agilitas Teknik Teknik Imitasi Weight Training Fleksibilitas Istirahat Aktif Istirahat | ABC/Kecepatan Weight training Teknik imitasi Agilitas/Kecepatan Istirahat Aktif Weight Training Medicine ball Teknik Weight Training Teknik Fleksibilitas Istirahat Aktif Istirahat | ABC/Kecepatan Weight training Teknik Medicine ball Istirahat Aktif Tes Lemparan Tes parameter Tes Kekuatan Jogging ABC/Koordinasi Fleksibilitas Istirahat | | | | | | | | | | | | | | | | | | | | | | | | | |
| PAGI/SORE | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S | P | S |
| HARI | S | SL | R | K | J | SB | M | S | SL | R | K | J | SB | M | S | SL | R | K | J | SB | M | S | SL | R | K | J | SB | M | | |

**PROGRAM LATIHAN MIKROSIKLUS 8, LEMPAR LEMBING PUTRA
MINGGU KE V BULAN MARET TAHUN 2007**

HERCULES ZAENUDIN PRESTASI TERBAIK TAHUN INI = METER SASARAN BULAN INI = METER

| SENIN 19 | SELASA 20 | RABU 21 |
|--|---|--|
| <ul style="list-style-type: none"> ■ PAGI ❖ LATIHAN KOORDINASI ABC <ul style="list-style-type: none"> ○ 5 BENTUK LATIHAN ○ MASING-MASING 5 REPETISI ○ JARAK 20-25 METER ○ (5 X 5 X 20-25 METER) ■ SORE ❖ WEIGHT TRAINING ❖ BENTUK LATIHAN <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 6 X 80 KG • CALF RAISES 3 X 8 X 140 KG • TRUNK TWIST 3 X 8 X 40 KG • LEG PRESS 3 X 15 X 140 KG • AYUN PLATE 3 X 8 X 20 KG • IMITASI GERAK LEMPAR 3 X 8 X 3 KG ❖ STRIDING 5 X • STRETCHING | <ul style="list-style-type: none"> ■ PAGI ❖ LATIHAN TEKNIK <ul style="list-style-type: none"> • PEMANASAN 3 KELILING • LEMPAR TAJAM TANPA AWALAN • 20 X (10 M – 20 M – 30 M) X 80 % POWER • LEMPAR MANIS 20 X 40 M (1 LANGKAH CROSS) • LEMPAR MANIS 20 X 50 M (AWALAN 3 -5 LANGLAH) • PERHATIKAN JALANNYA LEMBING HARUS MULUS. ■ SORE ❖ BOLA MEDISINE 4 KG <ul style="list-style-type: none"> ○ LEMPAR DEPAN BAWAH 10 X 2 ○ LEMPAR DEPAN ATAS (OVER HEAD THROW) STANDING 10 X ○ AWALAN 2 LANGKAH 10 X 2 ○ LEMPAR ATAS BELAKANG 10 X 2 ○ LEMPAR SAMPING KIRI 10 X 2 ○ LEMPAR SAMPING KANAN 10 X 2 ○ SIT UPS LEMPAR 10 X 2 ○ BACK UPS 10 X 2 ❖ STRIDING 5 X | <ul style="list-style-type: none"> ■ PAGI ❖ ISTIRAHAT AKTIF ■ SORE ❖ WEIGHT TRAINING ❖ BENTUK LATIHAN <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 6 X 85 KG • SNATCH 3 X 6 X 60 KG • ½ SQUAT 3 X 8 X 150 KG • TRUNK TWIST 3 X 8 X 40 KG • AYUN PLATE 3 X 8 X 20 KG • IMITASI GERAK LEMPAR 3 X 8 X 4 KG ❖ STRIDING 5 X ❖ STRETCHING |
| KAMIS 22 | JUMAT 23 | SABTU 24 |
| <ul style="list-style-type: none"> ■ PAGI ❖ STABILISASI <ul style="list-style-type: none"> ▪ 6 BENTUK LATIHAN STABILISASI ■ SORE • LATIHAN AEROBIK <ul style="list-style-type: none"> • LARI TERUS SELAMA 40 MENIT • PEMBEKALAN • SIT UPS/PUSH UPS/BACK UPS | <ul style="list-style-type: none"> ■ PAGI ❖ TEKNIK IMITASI <ul style="list-style-type: none"> ▪ TWO HANDED OVER HEAD THROW 4 KG MEDISINE BALL ▪ GERAK LEMPAR STATIS • GERAK LEMPAR PAKAI STANG 2 KG • 3 X 10 LEMPAR (2 KG B, MEDISINE) • DRILL AWALAN 5 X 30 M SPRINT ■ SORE WEIGHT TR <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 8 X 70 – 80 KG • CLEAN 3 X 8 X 70 – 75 KG • ½ SQUAT 3 X 8 X 150 KG • TRUNK TWIST 3 X 8 X 40 KG • AYUN PLATE 3 X 8 X 20 KG • IMITASI LEMPAR 3 X 8 X 2 KG | <ul style="list-style-type: none"> ■ PAGI ❖ LATIHAN FLEKSIBILITAS <ul style="list-style-type: none"> • STATIS/DINAMIS • PASIF/PNF |

**PROGRAM LATIHAN MIKROSIKLUS (II) LEMPAR CAKRAM PUTRI
MINGGU KE II BULAN MARET TAHUN 2007**

DWI RATNA PRESTASI TERBAIK TAHUN INI = 48,79 METER SASARAN BULAN INI = METER

| SENIN 5 | SELASA 6 | RABU 7 |
|--|---|--|
| <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ LATIHAN KOORDINASI ABC <ul style="list-style-type: none"> ○ 5 BENTUK LATIHAN ○ MASING-MASING 5 REPETISI ○ JARAK 20-25 METER ○ (5 X 5 X 20-25 METER) <p>■ SORE</p> <ul style="list-style-type: none"> ❖ CIRCUIT TRAINING <ul style="list-style-type: none"> • SQUAT THRUST 10 X • SIT UPS 20 X • OVER HEAD MEDISINE BALL 10 X • BACK UPS 20 X • PUSH UPS 20 X • SHUTTLE RUN 5 X 5 METER • VERTICAL JUMPS 10 X • STRIDING 4 X 50 METER | <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ LATIHAN TEKNIK <ul style="list-style-type: none"> • PEMANASAN 3 KELILING • DRILL LEMPAR TANPA/DG AWALAN • LEMPAR TANPA AWALAN • 20 X (30 M - 35 M – 40 M) • LEMPAR MANIS 10 X 43 METER PUTAR <p>■ SORE</p> <ul style="list-style-type: none"> ❖ BOLA MEDISINE 4 KG <ul style="list-style-type: none"> ○ LEMPAR DEPAN BAWAH 10 X 2 ○ LEMPAR DEPAN ATAS 10 X 2 ○ LEMPAR ATAS BELAKANG 10 X 2 ○ LEMPAR SAMPING KIRI 10 X 2 ○ LEMPAR SAMPING KANAN 10 X 3 ○ SIT UPS LEMPAR 10 X 2 ○ BACK UPS 10 X 2 ❖ STRIDING 5 X | <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ ISTIRAHAT AKTIF <p>■ SORE</p> <ul style="list-style-type: none"> ❖ WEIGHT TRAINING ❖ BENTUK LATIHAN <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 8 X 70 – 80 KG • CLEAN 3 X 8 X 70 – 75 KG • ½ SQUAT 3 X 8 X 150 KG • TRUNK TWIST 3 X 8 X 40 KG • AYUN PLATE 3 X 8 X 20 KG • IMITASI GERAK LEMPAR 3 X 8 X 4 KG ❖ STRIDING 5 X ❖ STRETCHING |
| KAMIS 8 | JUMAT 9 | SABTU 10 |
| <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ TES AWAL LEMPARAN <ul style="list-style-type: none"> • LEMPAR TANPA AWALAN 6 X • LEMPAR DENGAN AWALAN 6 X • PEMBEKALAN ❖ SIT UPS/PUSH UPS/BACK UPS <p>■ SORE</p> <ul style="list-style-type: none"> ❖ LATIHAN AEROBIK <ul style="list-style-type: none"> ▪ JOGGING 30 MENIT | <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ TES KEKUATAN <ul style="list-style-type: none"> ▪ SNATCH ▪ CLEAN ▪ 1/2 SQUAT ▪ BENCH PRESS <p>■ SORE</p> <ul style="list-style-type: none"> ❖ TEKNIK IMITASI <ul style="list-style-type: none"> ▪ BACK OVER HEAD THROW 4 KG MEDISINE BALL ▪ BUTTERFLY 3 X 10 X 5 KG PLATE ▪ IMITASI LEMPAR 2 X 10 X 4 KG • GERAK LEMPAR PELURU 3 KG • 3 X 10 LEMPAR KE JARING (2 KG BOLA MEDISINE) • DRILL AWALAN 3 X 30 M ❖ STRIDING | <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ LATIHAN FLEKSIBILITAS <ul style="list-style-type: none"> • STATIS/DINAMIS • PASIF/PNF |

**PROGRAM LATIHAN MIKROSIKLUS (II) LEMPAR CAKRAM PUTRI
MINGGU KE III BULAN MARET TAHUN 2007**

DWI RATNA PRESTASI TERBAIK TAHUN INI = METER SASARAN BULAN INI = METER

| SENIN 12 | SELASA 13 | RABU 14 |
|---|---|--|
| <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ LATIHAN KOORDINASI ABC <ul style="list-style-type: none"> ○ 5 BENTUK LATIHAN ○ MASING-MASING 5 REPETISI ○ JARAK 20-25 METER ○ (5 X 5 X 20-25 METER) <p>■ SORE</p> <ul style="list-style-type: none"> ❖ CIRCUIT TRAINING <ul style="list-style-type: none"> • SQUAT THRUST 10 X • SIT UPS 20 X • OVER HEAD MEDISINE BALL 10 X • BACK UPS 20 X • PUSH UPS 20 X • SHUTTLE RUN 5 X 5 METER • VERTICAL JUMPS 10 X • STRIDING 4 X 50 METER | <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ LATIHAN TEKNIK <ul style="list-style-type: none"> • PEMANASAN 3 KELILING • LEMPAR TANPA AWALAN • 20 X 30 – 40 M)X 80 % POWER • DRILL AWALAN • LEMPAR MANIS 20 X 44 M AWALAN <p>■ SORE</p> <ul style="list-style-type: none"> ❖ BOLA MEDISINE 4 KG <ul style="list-style-type: none"> ○ LEMPAR DEPAN BAWAH 10 X 2 ○ LEMPAR DEPAN ATAS 10 X 2 ○ LEMPAR ATAS BELAKANG 10 X 2 ○ LEMPAR SAMPING KIRI 10 X 2 ○ LEMPAR SAMPING KANAN 10 X 2 ○ SIT UPS LEMPAR 10 X 2 ○ BACK UPS 10 X 2 ❖ STRIDING 5 X | <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ ISTIRAHAT AKTIF <p>■ SORE</p> <ul style="list-style-type: none"> ❖ WEIGHT TRAINING ❖ BENTUK LATIHAN <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 8 X 70 – 80 KG • CLEAN 3 X 8 X 70 – 75 KG • ½ SQUAT 3 X 8 X 150 KG • TRUNK TWIST 3 X 8 X 40 KG • AYUN PLATE 3 X 8 X 20 KG • IMITASI GERAK LEMPAR 3 X 8 X 4 KG ❖ STRIDING 5 X ❖ STRETCHING |
| KAMIS 15 | JUMAT 16 | SABTU 17 |
| <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ STABILISASI <ul style="list-style-type: none"> ▪ 6 BENTUK LATIHAN STABILISASI <p>■ SORE</p> <ul style="list-style-type: none"> • LATIHAN AEROBIK <ul style="list-style-type: none"> • LARI TERUS SELAMA 40 MENIT • PEMBEKALAN • SIT UPS/PUSH UPS/BACK UPS | <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ TEKNIK IMITASI <ul style="list-style-type: none"> ▪ BACK OVER HEAD THROW 4 KG MEDISINE BALL 3 X 10 ▪ GERAK LEMPAR STATIS • GERAK LEMPAR PELURU 3 KG X 20 • 3 X 10 LEMPAR PELURU 3 KG • DRILL AWALAN 3 X 30 M <p>■ SORE WEIGHT TR</p> <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 8 X 70 – 80 KG • CLEAN 3 X 8 X 70 – 75 KG • ½ SQUAT 3 X 8 X 150 KG • TRUNK TWIST 3 X 8 X 40 KG • AYUN PLATE 3 X 8 X 20 KG • IMITASI LEMPAR 3 X 8 X 2 KG | <p>■ PAGI</p> <ul style="list-style-type: none"> ❖ LATIHAN FLEKSIBILITAS <ul style="list-style-type: none"> • STATIS/DINAMIS • PASIF/PNF |

**PROGRAM LATIHAN MIKROSIKLUS (II) LEMPAR CAKRAM PUTRI
MINGGU KE III BULAN MARET TAHUN 2007**

DWI RATNA PRESTASI TERBAIK TAHUN INI = METER SASARAN BULAN INI = METER

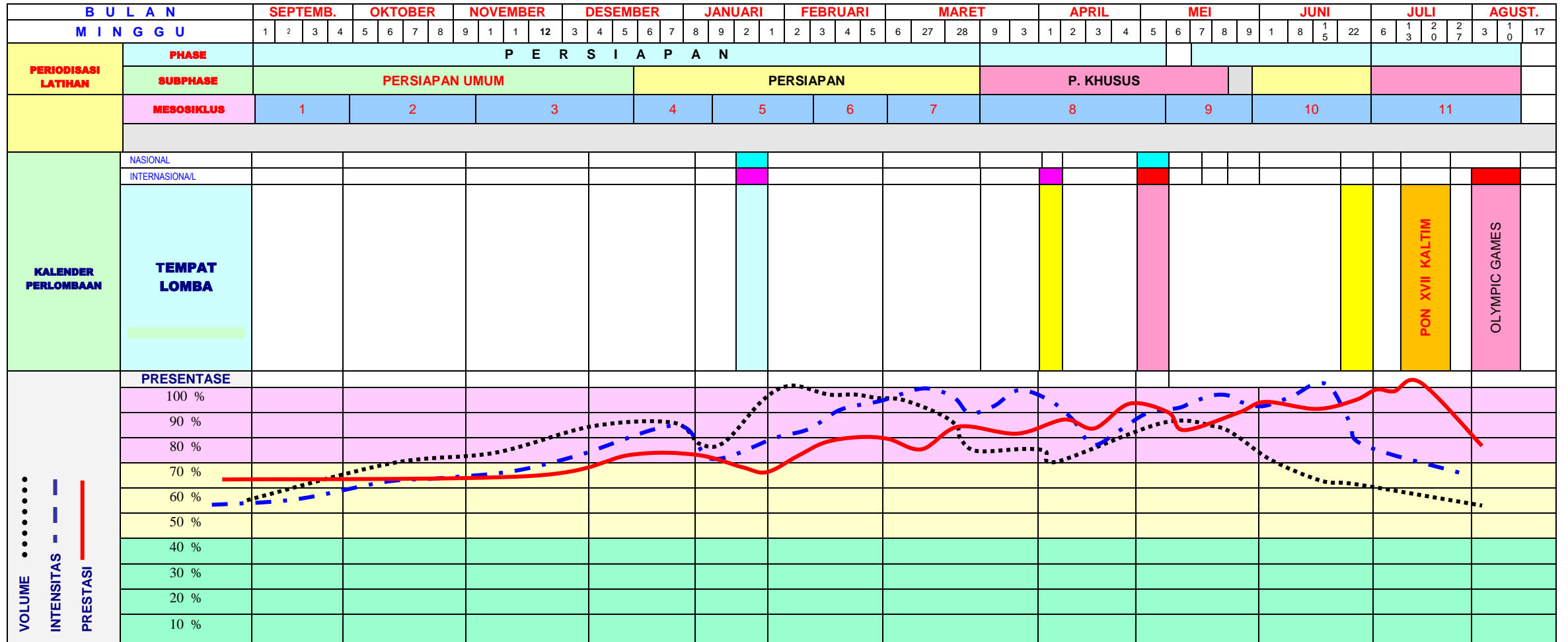
| SENIN 19 | SELASA 20 | RABU 21 |
|--|--|---|
| <ul style="list-style-type: none"> ■ PAGI ❖ LATIHAN KOORDINASI ABC <ul style="list-style-type: none"> ○ 5 BENTUK LATIHAN ○ MASING-MASING 5 REPETISI ○ JARAK 20-25 METER ○ (5 X 5 X 20-25 METER) ■ SORE ❖ CIRCUIT TRAINING <ul style="list-style-type: none"> • SQUAT THRUST 10 X • SIT UPS 20 X • OVER HEAD MEDISINE BALL 10 X • BACK UPS 20 X • PUSH UPS 20 X • SHUTTLE RUN 5 X 5 METER • VERTICAL JUMPS 10 X • STRIDING 4 X 50 METER | <ul style="list-style-type: none"> ■ PAGI ❖ LATIHAN TEKNIK <ul style="list-style-type: none"> • PEMANASAN 3 KELILING • LEMPAR TANPA AWALAN • 20 X 30 – 40 M)X 80 % POWER • DRILL AWALAN • LEMPAR MANIS 20 X 44 M AWALAN ■ SORE ❖ BOLA MEDISINE 4 KG <ul style="list-style-type: none"> ○ LEMPAR DEPAN BAWAH 10 X 2 ○ LEMPAR DEPAN ATAS 10 X 2 ○ LEMPAR ATAS BELAKANG 10 X 2 ○ LEMPAR SAMPING KIRI 10 X 2 ○ LEMPAR SAMPING KANAN 10 X 2 ○ SIT UPS LEMPAR 10 X 2 ○ BACK UPS 10 X 2 ❖ STRIDING 5 X | <ul style="list-style-type: none"> ■ PAGI ❖ ISTIRAHAT AKTIF ■ SORE ❖ WEIGHT TRAINING ❖ BENTUK LATIHAN <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 8 X 70 – 80 KG • CLEAN 3 X 8 X 70 – 75 KG • ½ SQUAT 3 X 8 X 150 KG • TRUNK TWIST 3 X 8 X 40 KG • AYUN PLATE 3 X 8 X 20 KG • IMITASI GERAK LEMPAR 3 X 8 X 4 KG ❖ STRIDING 5 X ❖ STRETCHING |
| KAMIS 22 | JUMAT 23 | SABTU 24 |
| <ul style="list-style-type: none"> ■ PAGI ❖ STABILISASI <ul style="list-style-type: none"> ▪ 6 BENTUK LATIHAN STABILISASI ■ SORE • LATIHAN AEROBIK <ul style="list-style-type: none"> • LARI TERUS SELAMA 40 MENIT • PEMBEKALAN • SIT UPS/PUSH UPS/BACK UPS | <ul style="list-style-type: none"> ■ PAGI ❖ TEKNIK IMITASI <ul style="list-style-type: none"> ▪ BACK OVER HEAD THROW 4 KG MEDISINE BALL 3 X 10 ▪ GERAK LEMPAR STATIS • GERAK LEMPAR PELURU 3 KG X 20 • 3 X 10 LEMPAR PELURU 3 KG • DRILL AWALAN 3 X 30 M ■ SORE WEIGHT TR <ul style="list-style-type: none"> ▪ BENCH PRESS 3 X 8 X 70 – 80 KG • CLEAN 3 X 8 X 70 – 75 KG • ½ SQUAT 3 X 8 X 150 KG • TRUNK TWIST 3 X 8 X 40 KG • AYUN PLATE 3 X 8 X 20 KG • IMITASI LEMPAR 3 X 8 X 2 KG | <ul style="list-style-type: none"> ■ PAGI ❖ LATIHAN FLEKSIBILITAS <ul style="list-style-type: none"> • STATIS/DINAMIS • PASIF/PNF |

- ❖ **BOLA MEDISINE 4 KG**
 - LEMPAR DEPAN BAWAH 10 X 2
 - LEMPAR DEPAN ATAS (OVER HEAD THROW) STANDING 10 X
 - AWALAN 2 LANGKAH 10 X 2
 - LEMPAR ATAS BELAKANG 10 X 2
 - LEMPAR SAMPING KIRI 10 X 2
 - LEMPAR SAMPING KANAN 10 X 2

**PROGRAM PENGEMBANGAN PRESTASI ATLET LOMPAT
PELATDA ATLETIK PON XVI 2008**

| NO | PERIODE LAT. | TUJUAN LATIHAN | ISI LATIHAN | SASARAN | |
|------------|---|---|--|--|--|
| | | | | LATIHAN | PARAMETER |
| I | PERSIAPAN UMUM JANUARI - FEBRUARI 2008 | <p>MENINGKATKAN :</p> <ol style="list-style-type: none"> 1. DAYA TAHAN AEROBIK 2. DAYA TAHAN AN AEROBIK 3. KEKUATAN <ul style="list-style-type: none"> <input type="checkbox"/> KEKUATAN UMUM <input type="checkbox"/> SUB-MAKSIMAL <input type="checkbox"/> MAKSIMAL 4. KELENTUKAN 5. KELINCAHAN 6. KECEPATAN 7. KEMAMPUAN DASAR TEKNIK | <ol style="list-style-type: none"> 1. LARI TERUS/FARLEK/CROSS COUNTRY 2. INTERVAL EKSTENSIF RUNNING 3. LATIHAN BEBAN <ul style="list-style-type: none"> <input type="checkbox"/> CIRCUIT TR /STAGE TR. <input type="checkbox"/> LATIHAN BEBAN 4. STRETCHING STATIS/DINAMIS/CONDITIONING EX. 5. SHUTTLE RUN/ COORDINATION EX. 6. ABC SPRINT/ ABC JUMP EX. 7. DRILL TEKNIK DASAR/ IMITASI TO./ AWALAN PENDEK MELAYANG/ MENDARAT /TEKNIK BAGIAN | <ol style="list-style-type: none"> 1. 6-10 KM/MINGGU 2. 1000 – 1500 M/MINGGU 2 KALI/MINGGU <ul style="list-style-type: none"> <input type="checkbox"/> 6-8 POS/3 - 5 SET/8 – 15 REP <input type="checkbox"/> 6-8 POS/60-80%/8-12 REP/3 - 5 SET 4. TIAP HARI SEBELUM/SETELAH LT/ KELENTUKAN KHUSUS 5. 2 X 1JAM /MINGGU 6. -8 SERI/2 KALI/MINGGU 8. 4-8 X/60 - 40M/2 KALI/MINGGU 7. 3-5 BENTUK 2 - 6 X / MINGGU | <ol style="list-style-type: none"> 1. TES 2,4 KM NILAI BAIK = VO2 MAX 50 mm/kg/ 2. St. 150 m /60 m SEBANDING 75% max Speed.. <ul style="list-style-type: none"> <input type="checkbox"/> OTOT TUNGKAI LEG PRESS 2-2,5 X BB <input type="checkbox"/> OTOT LENGAN/ BECNH P. 1-1,5 x BB <input type="checkbox"/> ST. DINAMIS ST. TRIPLE J. = 5.4 X TB. <input type="checkbox"/> ST.VJ./ST.DJ = 78/ 74 CM 3. TERJADINYA PENINGKATAN KUALITAS DALAM KOORDINASI DASAR, 6. FLY 30 /ST.30 M = 2.95" + 3.90" 7. AWALAN 5 LANGKAH = BEDA 1 M |
| II | PERSIAPAN KHUSUS MARET - MEI 2008 | <ol style="list-style-type: none"> 1. MEMPERTAHANKAN 2. DAYA TAHAN AEROBIK 3. DAYA TAHAN AN AEROBIK 4. KELENTUKAN 5. KECEPATAN. 6. KEKUATAN <ul style="list-style-type: none"> <input type="checkbox"/> KEKUATAN MAKSIMAL <input type="checkbox"/> DAYA TAHAN KEKUATAN MAKSIMAL <input type="checkbox"/> KEKUATAN EKSPLOSIF 8. MENINGKATKAN KEMAMPUAN TEKNIK 9. MENINGKATKAN PERCAYA DIRI | <ol style="list-style-type: none"> 1. LARI TERUS/FARTLEK/CROSS COUNTRY. 2. INTERVAL RUNNING 3. STATIS/DINAMIS STRETCHING 4. SPRINT 30-50 M 5. LATIHAN BEBAN <ul style="list-style-type: none"> <input type="checkbox"/> LATIHAN BEBAN/FREE WEIGHT <input type="checkbox"/> LATIHAN BEBAN/ MACHINE <input type="checkbox"/> BOLA MEDISIN/ SENAM 7. LAT. TEKNIK KOORDINASI 8. LATHAN MANDIRI | <ol style="list-style-type: none"> 1. 5 – 8 KM / MINGGU 2. 400 – 1000 M/MINGGU 3. 1X / MG AWAL DAN AKHIR LAT 4. 8 – 6 X/30 – 50 M/2 X/MINGGU 5. 4 KALI/MINGGU <ul style="list-style-type: none"> <input type="checkbox"/> 4-5 BENTUK/80-110 %RM/3 - 5 SET <input type="checkbox"/> 4-6BENTUK/60-80%RM/3 SET/4-6 X <input type="checkbox"/> 4-6 BENTUK/LAT 6. 4 X/MINGGU 7. TIAP KALI LATIHAN | <ol style="list-style-type: none"> 1. TES 2,4 KM < 10 MENIT 2. PENINGKATAN DLM KUALITAS KELENTUKAN, 3. KECEPATAN 4. KEKUATAN NAIK 10-20 % 5. TERJADI PENINGKATAN DLM STRENGTH END DAN SPEED STRENGTH 6. PENINGKATAN DALAM KEMAMPUAN TEKNIK 7. PENINGKATAN DALAM KOORDINASI KECEPATAN 8. TEKNIK DENGAN AWALAN PENDEK DENGAN AWALAN PENUH) 9. PENGUSAHAAN DIRI |
| III | PERLOMBAAN JUNI – JULI M2 2008 | <p>MEMPERTAHANKAN</p> <ol style="list-style-type: none"> 1. KELINCAHAN 2. KECEPATAN// AWALAN /KONSISTENSI AWALAN 3. KEKUATAN <ul style="list-style-type: none"> <input type="checkbox"/> DAYA TAHAN KEKUATAN/ MAKSIMAL <input type="checkbox"/> EKSPLOSIVE <input type="checkbox"/> SPEED STRENGTH SPECIFICITY 4. MENINGKATKAN DAN MEMELIHARA KESEMPURNAAN TEKNIK DAN APLIKASI BIOMEKANIKA PADA LOMPATAN 5. KEMATANGAN JUARA | <ol style="list-style-type: none"> 1. BENTUK-BENTUK LAT.CALESTHENIC 2. BENTUK-BENTUK LAT. KECEPATAN APLIKASI KECEPATAN PADA AWALAN 3. LATIHAN BEBAN/NON BEBAN <ul style="list-style-type: none"> <input type="checkbox"/> LATLOMPAT 2/ BOUNDING EX. <input type="checkbox"/> LAT. BEBAN /PLYO COMBO <input type="checkbox"/> LAT. DIPT/ JUMP 4. LAT. TEKNIK KOORDINASI- BAGIAN 5. LATIHAN MANDIRI / TRY OUT/TRY IN | <ol style="list-style-type: none"> 1. 2 X / MINGGU 2. 3 X/MINGGU + TIAP AWAL LAT 3 X / MINGGU 3 KALI/ MINGGU <ul style="list-style-type: none"> <input type="checkbox"/> 2 – 3 BENTUK/80-100RM%/ 2 X/MG <input type="checkbox"/> 2 – 3 BENTUK/70-80 RM%/ 2 X/MG <input type="checkbox"/> 3 – 5 BENTUK /2X/MINGGU 5. 4 X / MINGGU 6. TIAP KALI LATIHAN | <ol style="list-style-type: none"> 1. TES 1,6 KM /2 MENT 2. TERPELIHARANYA KECEPATAN AWALAN 3. TERPELIHARANYA KECEPATAN – KEKUATAN KHUSUS. 4. TERPELIHARANYA KEKUATAN MAKSIMAL DAN KEKUATAN EKSPLOSIVE 5. KEMATANGAN DAN KESEMPURNAAN TEKNIK . 6. PERCAYA DIRI |

PROGRAM MASTER PEMBINAAN PRESTASI ATLET ATLETIK PELATDA PON XVII TAHUN 2008



PENGEMBANGAN KOMPONEN LATIHAN ATLET NOMOR LOMPAT TAHUN 200

| B U L A N | | JANUARI | | | | PEBR | | | | MARET | | | | APRIL | | | | MEI | | | | JUNI | | | | JULI | | | | AGUST | | | | SEPT | | | | OKT. | | | | NOP. | | | | DES. | | | |
|---------------------------------|---------------------|-------------|---|---|---|------|---|---|---|--------|----|----|----|-------|----|----|----|-------------|----|----|----|------|----|----|----|-------------|----|----|----|-------|----|----|----|-------------|----|----|----|------|----|----|----|------|----|----|----|------|----|----|----|
| M I N G G U | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 |
| PERIODISASI LATIHAN | PHASE | PERSIAPAN 1 | | | | | | | | | | | | | | | | KOMPETISI | | | | | | | | PERSIAPAN 2 | | | | | | | | KOMPETISI | | | | | | | | | | | | | | | |
| | SUBPHASE | UMUM | | | | | | | | KHUSUS | | | | | | | | KOMPETISI 1 | | | | | | | | P. KHUSUS 2 | | | | | | | | LOMBA-UTAMA | | | | | | | | | | | | | | | |
| | MESOSIKLUS | 1 | | | | 2 | | | | 3 | | | | 4 | | | | 5 | | | | 6 | | | | 7 | | | | 8 | | | | 9 | | | | 10 | | | | 11 | | | | 12 | | | |
| | MIKROSIKLUS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| KOMPONEN YG DIKEMBANGKAN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| A. KOMPONEN FISIK. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | DAYA TAHAN AEROBIC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2. | DAYA TAHAN ANAEROB | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3. | FLEKSIBILITAS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4. | KECEPATAN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5. | KONDISI / MOBILITAS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6. | KEKUATAN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| a. | DAYA TAHAN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| b. | SUB MAKSIMAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| c. | MAKSIMAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| d. | EKSPL OSIVE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| e. | SPEED STRENGTH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| B. KOMPONEN TEKNIK | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| f. | KOORDINASI DASAR | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| g. | LARI AWALAN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| h. | MENUMPU | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| i. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| C. MENTAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| D. TES | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| F. TRY-OUT/TRY-IN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TARGET | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

