

PROGRAM LATIHAN LOMPAT PERSIAPAN KHUSUS

Nama Atlet : Rini Susanti L/P
 TB/ BB : 167/ 58 kg
 DN BASAL :

STATUS KONDISI : SPEED AB : 8.28 m/det (\leq)
 ACC : 7.00 m/det (85%)
 END : 7.8 m/det (95%)

STRENGTH DINAMIS : ST.B.JUMP : 2.43m= 80% (3.0m)
 ST.T.JUMP : 7.50/7.62 m=84% (9m)
 ST.V.JUMP : 61 cm=77% (70cm)
 TEKNIK : 5 STRIDE : 4.46m (1.43 = 6.7 m/det)
 10 STRIDE: 5.15 (1.32"= 7.14 m/det (80%)

SENIN, JUNI 2004	SELASA, JUNI 2004	RABU, JUNI 2004	MINGGU, JUNI 2004
WU: JOG + SENAM M : ABC RUN 4 Pos 30m 7x Akselerasi kijang 30m 7x POP UP 30m 5x WD: JOG Rileks	WU: JOG + SENAM M : 4 Pos 10 rep 4 set intensitas 70% (P.Clean,H.Raise,Step Up,Split jump) Lari kijang horizontal 50m 5x2 WD: JOG Rileks	WU: Jog + Senam M : ABC RUN 5 POS 30m 10x Diagonal Run 20' WD: Jog + Rileks	<ul style="list-style-type: none"> Rest/ rileksasi
WU: JOG + SENAM M : St. L Jump 12x - 15x Awalan 15 langkah TO 10x Awalan pendek L.J 6x Lari kijang 70m 7x WD: JOG + Rileks	WU: JOG + SENAM M : Speed (intensitas max) 30m - 5x 40m - 5x 50m - 5x 120m - 3x WD: JOG Rileks	WU: Jog + Senam M : 100m - 7x RI 3' 150m - 5x RI 5' Rest/ Set 10'-15' WD: Senam Peregangan	
KAMIS, JUNI 2004	JUM'AT, JUNI 2004	SABTU, JUNI 2004	
WU: Jog + Senam M : Box/ Bangku Exercise 200x (side step, 2 fast side, step up) berakhir di pasir Akselerasi 40m 7x WD: Peregangan + Jog	WU: Jog + Senam M : Flexibilitas & senam khusus 30' WD: Jog Rileks	WU: Jog + Senam M : Pyramid Set 4 POS (10/45-10/55- 10/60-10/70-10/80) H.Raise,P.Clean,Squat Jump,Jack Press) Lari kijang 40m 7x POP UP 30m 5x WD: Jog + Senam	
WU: Jog + Senam M : 40m ST - 7x - 2 seri POP UP 30m 5x Kijang horizontal 7x WD: Jog Rileks	WU: Jog 5 keliling + Senam M : Awalan pendek TO 10x Awalan pendek T.J 7x 3 spring jump 10x Akselerasi 40m 7x WD: Peregangan	<ul style="list-style-type: none"> Rest/ rileksasi 	

PROGRAM LATIHAN LOMPAT PERSIAPAN KHUSUS

Nama Atlet : Doni Susanto
 TB/ BB : 173/ 65 kg
 DN BASAL :

L/P STATUS KONDISI : SPEED AB : 10.30 m/det / -
 ACC : 8.81 m/det (87%)
 END : 8.13 m/det (86%)

STRENGTH DINAMIS : ST.B.JUMP : 2,99m= 89%
 ST.T.JUMP : 9.60m=105%
 ST.V.JUMP : 82 cm=95%

TEKNIK : 5 STRIDE :
 10 STRIDE: 6.48 m

PERFORM FACT. : 6,81 M

SENIN, APRIL 2005	SELASA, APRIL 2005	RABU, APRIL 2005	MINGGU, APRIL 05
WU: Jog 4 keliling+ Senam M : ABC RUN 4 Pos 20m 7x POP UP 30m 5x WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : senam peregangan Imitasi TO ke dinding 30X (toe Ups) WD: Jog Rileks	WU: Senam banyak M : rileks peregangan WD: Peregangan + Jog Rileks	<ul style="list-style-type: none"> • Rest/ Joging + Senam
WU: Jog + Senam banyak M : St. L Jump - 12x Awalan 12 langkah (last 2 stride)TO 7x Awalan pendek L.J(5 stride) 7x WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : 5 Pos 10 rep 4 set intensitas 70% (P.Clean,Incline Press,Step Up, H.Raise,Step Split) Akselerasi 30m 7x WD: Peregangan	WU: Jog 5 keliling + Senam M : 60m - 7x RI 3'-5' int. max. 150m - 5x RI 5' Rest/ Set 10' WD: Jog Rileks	
KAMIS, APRIL 2005	JUM'AT, APRIL 2005	SABTU, APRIL 2005	
WU: Jog + Senam M : ABC run 5 macam 20 M 5 X di lakukan cepat WD: Jog + Peregangan	WU: Jog + Senam M : Flexibilitas & senam khusus 30' WD: Jog Rileks		
WU: Jog + Senam M : Box Exercise pendek 200x (side step, 2 fast side, step up) berakhir di pasir Kijang Vertikal 30m 7x Akselerasi kijang 20 m 5X WD: Jog Rileks	WU: Jog + Senam M : Awalan pendek TO 10x Awalan 3 langkah T.J 7x 3 spring jump 10x Akselerasi 50m 7x WD: Jog + Peregangan	WU: Jog + Senam M : Pyramid Set 4 POS (10/40-10/50-10/60-10/70-10/80) (H.Raise,P.Clean,Squat Jump) Lari kijang 40m 7x POP UP 30m 5x WD: Jog + Senam	

CATATAN HASIL LATIHAN

SENIN	SELASA	RABU
KAMIS	JUM'AT	SABTU

PROGRAM LATIHAN LOMPAT PERSIAPAN KHUSUS

Nama Atlet : Ika Puspa Dewi L/P STATUS KONDISI : SPEED AB : 7.65 m/det (<) STRENGTH DINAMIS : ST.B.JUMP : 2.20 m= 66% (3.30m)
 TB/ BB : / kg ACC : 6.53 m/det (85%)<< ST.T.JUMP : 7.25/7.41m=79% (9,10m)
 DN BASAL : END : 6.99 m/det (90%)<< ST.V.JUMP : 49/ 47cm=71% (68cm)
 TEKNIK : 5 STRIDE : 4.15m
 10 STRIDE LJ: 4.55m (1.44'') = 6.94 m/det (90%)
 10 STRIDE TJ: 10.79m (4.02 – 3.07 – 3.60)

SENIN, JUNI 2004	SELASA, JUNI 2004	RABU, JUNI 2004	MINGGU, JUNI 2004
WU: Jog 5 keliling + Senam M : ABC RUN 4 Pos 30m 7x Akselerasi kijang 30m 7x POP UP 30m 5x WD: JOG Rileks 15'	WU: Jog 4 keliling + Senam M : 4 Pos 10 rep 4 set intensitas 70% (P.Clean,H.Raise,Step Up,Split jump) Lari kijang horizontal 50m 5x2 WD: JOG Rileks	WU: Jog + Senam M : ABC RUN 5 POS 30m 10x Diagonal Run 20' WD: Jog + Rileks	<ul style="list-style-type: none"> Rest/ rileksasi
WU: Jog 4 keliling + Senam M : St. L Jump 12x - 15x Awalan 15 langkah TO 10x Awalan pendek L.J 6x Lari kijang 70m 7x WD: JOG + Rileks	WU: Jog 4 keliling + Senam M : Speed (intensitas max) 30m - 7x 40m - 5x 50m - 5x 120m - 3x WD: JOG Rileks 15'	WU: Jog 5 keliling + Senam M : 100m - 7x RI 3' 150m - 5x RI 5' Rest/ Set 10'-15' WD: Senam Peregangan	
KAMIS, JUNI 2004 WU: Jog 4 keliling+ Senam M : Box/ Bangku Exercise 200x (side step, 2 fast side, step up) berakhir di pasir Akselerasi 40m 7x WD: Peregangan + Jog	JUM'AT, JUNI 2004 WU: Jog 6 keliling + Senam M : Flexibilitas & senam khusus 30' WD: Jog Rileks 20'	SABTU, JUNI 2004 WU: Jog 4 keliling + Senam M : Pyramid Set 4 POS (10/45-10/55- 10/60-10/70-10/80) H.Raise,P.Clean,Squat Jump,Jack Press) Lari kijang 40m 7x POP UP 30m 5x WD: Jog + Senam	
WU: Jog 5 keliling + Senam M : 40m ST - 7x - 2 seri POP UP 30m 5x Kijang horizontal 7x WD: Jog Rileks 15'	WU: Jog 5 keliling + Senam M : Awalan pendek TO 10x Awalan pendek T.J 7x 3 spring jump 10x Akselerasi 40m 7x WD: Peregangan	<ul style="list-style-type: none"> Rest/ rileksasi 	

PROGRAM LATIHAN LOMPAT PERSIAPAN KHUSUS

Nama Atlet : Windarji L/P STATUS KONDISI : SPEED AB : 9.43 m/det / - STRENGTH DINAMIS : ST.B.JUMP : 2.95m= 84% (3.50)
 TB/ BB : 173/ 65 kg ACC : 8.06 m/det ST.T.JUMP : 9.37/ 9.25m=95% (9.50)
 DN BASAL : END : 8.32 m/det ST.V.JUMP : 71-69 cm=83% (85)
 TEKNIK : 5 STRIDE : 5.35 m (1.27") = 7.54 m/det
 10 STRIDE: 6.22 m (1.36") = 7.35 m/det (77%)

SENIN, JUNI 2004	SELASA, JUNI 2004	RABU, JUNI 2004	MINGGU, JUNI 2004
WU: Jog 4 keliling+ Senam M : ABC RUN 4 Pos 20m 7x Akselerasi fly 30m 7x POP UP 30m 5x WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : 5 Pos 10 rep 4 set intensitas 65% (P.Clean,Incline Press,Step Up, H.Raise,Step Split) Akselerasi 30m 7x POP UP 30m 7x WD: Jog Rileks	WU: Senam banyak M : Jog & Stride 20 menit RI 5' 20 menit WD: Peregangan + Rileksasi	<ul style="list-style-type: none"> • Rest/ Joging + Senam
WU: Jog + Senam banyak M : St. L Jump 10x - 15x Awalan 15 langkah (last 2 stride)TO 7x Awalan pendek L.J(5 stride) 7x Lari kijang 70m 7x WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : Speed (intensitas max) 30m - 5x 40m - 5x 50m - 5x 120 m – 3x WD: Peregangan	WU: Jog 5 keliling + Senam M : 100m - 7x RI 3'-5' 150m - 5x RI 5' Rest/ Set 10' WD: Jog Rileks	
KAMIS, JUNI 2004	JUM'AT, JUNI 2004	SABTU, JUNI 2004	
WU: Jog 5 keliling + Senam M : Box Exercise pendek 200x (side step, 2 fast side, step up) berakhir di pasir Akselerasi 40m 7x WD: Jog + Peregangan	WU: Jog 6 keliling + Senam M : Flexibilitas & senam khusus 30' WD: Jog Rileks	WU: Jog 4 keliling + Senam M : Pyramid Set 4 POS (10/40-10/50-10/60-10/70-10/80) (H.Raise,P.Clean,Squat Jump) Lari kijang 40m 7x POP UP 30m 5x WD: Jog + Senam	
WU: Jog 5 keliling + Senam M : 40m ST - 7x - 2 seri POP UP 30m 5x Kijang Vertikal 30m 7x WD: Jog Rileks	WU: Jog 4 keliling+ Senam M : Awalan pendek TO 10x - 15x Awalan 3 langkah T.J 7x 3 spring jump 10x Akselerasi 50m 7x WD: Jog 15' + Peregangan	<ul style="list-style-type: none"> • Rest/ rileksasi 	

PROGRAM LATIHAN LOMPAT PERSIAPAN KHUSUS

Nama Atlet : Diding Rutopo L/P STATUS KONDISI : SPEED AB : 9.23 m/det / -
 TB/ BB : 173/ 65 kg ACC : 7.28 m/det (78%)<<
 DN BASAL : END : 8.15 m/det (88%)<

STRENGTH DINAMIS : ST.B.JUMP : 2.98m= 85% (3.50)
 ST.T.JUMP : 8.96/ 9 m=92% (9.72)
 ST.V.JUMP : 77 cm=83% (90)
 82 cm = 91%

TEKNIK : ST. FLOPT : 155cm=95%

SENIN, JUNI 2004	SELASA, JUNI 2004	RABU, JUNI 2004	MINGGU, JUNI 2004
WU: Jog 4 keliling+ Senam M : ABC RUN 4 Pos 30m 7x POP UP 30m 5x Lari menikung 30 m 7x WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : 5 Pos 10 rep 4 set intensitas 70% (Clean&jerk,H.Raise,Step up,Jack press,Split) Lari kijang menikung 30 m 7x WD: Jog Rileks	WU: Jog + senam M : Senam khusus (hip raising,toes heel,snake,lutut silang) WD: Peregangan + Rileksasi	<ul style="list-style-type: none"> • Rest/ Joging + Senam
WU: Jog + Senam banyak M : St. Flopt(150-7x)(155-3x)(157-1x) Awalan penuh menikung TO 10x Awalan 5 langkah cepat-180cm 10x Akselerasi 30m 7x WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : Speed (intensitas max) 30m - 7x 50m - 7x WD: Peregangan	WU: Jog 5 keliling + Senam M : Double leg flopt 160-165cm 10x Awalan 3 langkah 7x Awalan 5 langkah 5x Awalan 7 langkah gaya gunting 5x WD: Jog Rileks	
KAMIS, JUNI 2004	JUM'AT, JUNI 2004	SABTU, JUNI 2004	
WU: Jog + Senam M : Skipping rope 5 menit 5 seri WD: Jog + Peregangan	WU: Jog + Senam M : Bounding Exercise 200x (step up, side step, side cross step) Pop Up 40m 7x Lari kijang vertikal 40m 7x WD: Jog Rileks	WU: Jog + Senam M : Pyramid Set 4 POS (10/40-10/50- 10/60-10/70-10/80) (H.Raise,P.Clean,Step Up, Squat Jump) Lari kijang 40m 7x WD: Jog + Senam	
WU: Jog + Senam M : Lari menikung 80m 10x intensitas 90% 120m 5x intensitas 90% WD: Jog Rileks	WU: Jog + Senam M : Akselerasi 30m 10x intensitas 100% Ditikungan 30m 7x WD: Jog + Peregangan	<ul style="list-style-type: none"> • Rest/ rileksasi 	

PROGRAM LATIHAN LOMPAT PERSIAPAN KHUSUS

Nama Atlet : Reni Devi L/P STATUS KONDISI : SPEED AB : m/det STRENGTH DINAMIS : ST.B.JUMP :
 TB/ BB : / kg ACC : m/det ST.T.JUMP :
 DN BASAL : END : m/det ST.V.JUMP :

TEKNIK : 130 cm

SENIN, APRIL 2005	SELASA, APRIL 2005	RABU, APRIL 2005	MINGGU, APRIL 05
WU: Jog 4 keliling+ Senam M : ABC RUN+Senam 5 Pos 10x2 seri WD: Jog +Rileks	WU: Jog 5 keliling + Senam M : Lari ABC dengan 5 variasi jarak 20m masing-masing 5x WD: Jog Rileks	WU: Jog + Senam M : WD: Jog Rileks	<ul style="list-style-type: none"> • Rest/ Joging + Senam
WU: Jog + Senam banyak M : St. Flopt (125 -5x)(130-3x)(133-3x) Awalan penuh menikung TO 7x Awalan 5 langkah 150 7x Ins&outs (100-200-100) 5x WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : : 6 Pos 10 rep 4 set intensitas 70-80% (P.Clean, Jack press, Incline, H.Raise, Clean&jerk Step Up,) WD: Peregangan	WU: Jog 5 keliling + Senam M : Double leg flopt 140-145cm 10x Awalan 3 langkah 7x Awalan 7 langkah gaya gunting 5x Fly 30m 7x WD: Jog Rileks	
KAMIS, APRIL 2005	JUM'AT, APRIL 2005	SABTU, APRIL 2005	
WU: Jog + Senam M : rest aktif WD: Peregangan	WU: Jog + Senam M : Flexibilitas & senam khusus 30' WD: Jog Rileks	WU: Jog + Senam M : Pyramid Set 4 POS (7/70-5/80-3/90-1/100-3/90-5/80-7/70) (H.Squat, Bench Press, Clean&jerk, Step Up) 2 seri Lari kijang 40m 7x WD: Jog 15'	
WU: Jog + Senam M : Bounding Exercise 200x POP UP CEPAT 40- 50 X AKSELERASI Start 30m 7x WD: Jog Rileks	WU: Jog + Senam M : Awalan pendek planting 15x Awalan 10 langkah di bak pasir 10x Akselerasi 50m 7x WD: Jog + Peregangan	<ul style="list-style-type: none"> • Rest/ rileksasi 	

PROGRAM LATIHAN SAPTA/ DASA LOMBA PERSIAPAN KHUSUS

Nama Atlet : Heri Yusuf L/P STATUS KONDISI : SPEED AB : m/det STRENGTH DINAMIS : ST.B.JUMP :
 TB/ BB : / kg ACC : m/det ST.T.JUMP :
 DN BASAL : END : m/det ST.V.JUMP :

TEKNIK :

SENIN, JUNI 2004	SELASA, JUNI 2004	RABU, JUNI 2004	MINGGU, JUNI 2004
WU: Jog 4 keliling+ Senam M : ABC RUN+Senam GW 5 Pos 10rep 2 seri WD: Jog +Rileks	WU: Jog 5 keliling + Senam M : 6 Pos 10 rep 4 set intensitas 70-80% (P.Clean, Jack press,Incline, H.Raise, Clean&jerk Step Up,) St. Shot Put 20x Awalan penuh 10x WD: Jog Rileks	WU: Jog + Senam M : Senam gawang Ins&outs GW 20 menit 2 seri WD: Jog + peregangan	<ul style="list-style-type: none"> • Rest/ Joging + Senam
WU: Jog + Senam banyak M : St.B.Jump 10x Awalan pendek TO 10x Awalan 10 langkah L.J 7x Akselerasi 50m 7x WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : Start Block 60m - 5x 120m - 5x WD: Peregangan	WU: Jog 5 keliling + Senam M : 3 langkah menikung 90% 10x Awalan penuh 95% 7x St.Discus 15x Awalan penuh 10x WD: Jog Rileks	
KAMIS, JUNI 2004	JUM'AT, JUNI 2004	SABTU, JUNI 2004	
WU: Jog + Senam M : Lempar tajam 30x Awalan pendek 10x Bounding Exercise 200x WD: Jog + Peregangan	WU: Jog + Senam M : Flexibilitas & senam khusus 30' WD: Jog Rileks	WU: Jog + Senam M : Pyramid Set 4 POS (7/70-5/80- 3/90-1/100-3/90-5/80-7/70) (H.Squat,Bench Press, Clean&jerk,Step Up) 2 seri Lari kijang 40m 7x WD: Jog 15'	
WU: Jog + Senam M : Start block 30m 7x Start block 60m 7x WD: Jog Rileks	WU: Jog + Senam M : ABC Galah 4 pos 20 m 5x Planting-awalan pendek 10x Akselerasi 50m 7x WD: Jog + Peregangan	<ul style="list-style-type: none"> • Rest/ rileksasi 	

PROGRAM LATIHAN SAPTA/ DASA LOMBA PERSIAPAN KHUSUS

Nama Atlet : Gaos Maturidy L/P STATUS KONDISI : SPEED AB : m/det STRENGTH DINAMIS : ST.B.JUMP :
 TB/ BB : / kg ACC : m/det ST.T.JUMP :
 DN BASAL : END : m/det ST.V.JUMP :

TEKNIK :

SENIN, JUNI 2004	SELASA, JUNI 2004	RABU, JUNI 2004	MINGGU, JUNI 2004
WU: Jog 4 keliling+ Senam M : ABC RUN+Senam GW 5 Pos 10rep 2 seri WD: Jog +Rileks	WU: Jog 5 keliling + Senam M : 6 Pos 10 rep 4 set intensitas 70-80% (P.Clean, Jack press,Incline, H.Raise, Clean&jerk Step Up,) St. Shot Put 20x Awalan penuh 10x WD: Jog Rileks	WU: Jog + Senam M : Senam gawang Ins&outs GW 20 menit 2 seri WD: Jog + peregangan	<ul style="list-style-type: none"> • Rest/ Joging + Senam
WU: Jog + Senam banyak M : St.B.Jump 10x Awalan pendek TO 10x Awalan 10 langkah L.J 7x Akselerasi 50m 7x WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : Start Block 60m - 5x 120m - 5x WD: Peregangan	WU: Jog 5 keliling + Senam M : 3 langkah menikung 90% 10x Awalan penuh 95% 7x St.Discus 15x Awalan penuh 10x WD: Jog Rileks	
KAMIS, JUNI 2004	JUM'AT, JUNI 2004	SABTU, JUNI 2004	
WU: Jog + Senam M : Lempar tajam 30x Awalan pendek 10x Bounding Exercise 200x WD: Jog + Peregangan	WU: Jog + Senam M : Flexibilitas & senam khusus 30' WD: Jog Rileks	WU: Jog + Senam M : Pyramid Set 4 POS (7/70-5/80- 3/90-1/100-3/90-5/80-7/70) (H.Squat,Bench Press, Clean&jerk,Step Up) 2 seri Lari kijang 40m 7x WD: Jog 15'	
WU: Jog + Senam M : Start block 30m 7x Start block 60m 7x WD: Jog Rileks	WU: Jog + Senam M : ABC Galah 4 pos 20 m 5x Planting-awalan pendek 10x Akselerasi 50m 7x WD: Jog + Peregangan	<ul style="list-style-type: none"> • Rest/ rileksasi 	

PROGRAM LATIHAN SAPTA/ DASA LOMBA PERSIAPAN KHUSUS

Nama Atlet : Don Bosco M L/P STATUS KONDISI : SPEED AB : m/det STRENGTH DINAMIS : ST.B.JUMP :
 TB/ BB : / kg ACC : m/det ST.T.JUMP :
 DN BASAL : END : m/det ST.V.JUMP :

TEKNIK :

SENIN, JUNI 2004	SELASA, JUNI 2004	RABU, JUNI 2004	MINGGU, JUNI 2004
WU: Jog 4 keliling+ Senam M : ABC RUN+Senam GW 5 Pos 10rep 2 seri WD: Jog +Rileks	WU: Jog 5 keliling + Senam M : 6 Pos 10 rep 4 set intensitas 70-80% (P.Clean, Jack press, Incline, H.Raise, Clean&jerk Step Up,) St. Shot Put 20x Awalan penuh 10x WD: Jog Rileks	WU: Jog + Senam M : Senam gawang Ins&outs GW 20 menit 2 seri WD: Jog + peregangan	<ul style="list-style-type: none"> • Rest/ Joging + Senam
WU: Jog + Senam banyak M : St.B.Jump 10x Awalan pendek TO 10x Awalan 10 langkah L.J 7x Akselerasi 50m 7x WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : Start Block 60m - 5x 120m - 5x WD: Peregangan	WU: Jog 5 keliling + Senam M : 3 langkah menikung 90% 10x Awalan penuh 95% 7x St.Discus 15x Awalan penuh 10x WD: Jog Rileks	
KAMIS, JUNI 2004	JUM'AT, JUNI 2004	SABTU, JUNI 2004	
WU: Jog + Senam M : Lempar tajam 30x Awalan pendek 10x Bounding Exercise 200x WD: Jog + Peregangan	WU: Jog + Senam M : Flexibilitas & senam khusus 30' WD: Jog Rileks	WU: Jog + Senam M : Pyramid Set 4 POS (7/70-5/80- 3/90-1/100-3/90-5/80-7/70) (H.Squat, Bench Press, Clean&jerk, Step Up) 2 seri Lari kijang 40m 7x WD: Jog 15'	
WU: Jog + Senam M : Start block 30m 7x Start block 60m 7x WD: Jog Rileks	WU: Jog + Senam M : ABC Galah 4 pos 20 m 5x Planting-awalan pendek 10x Akselerasi 50m 7x WD: Jog + Peregangan	<ul style="list-style-type: none"> • Rest/ rileksasi 	

PROGRAM LATIHAN SAPTA/ DASA LOMBA PERSIAPAN KHUSUS

Nama Atlet : Marion P L/P STATUS KONDISI : SPEED AB : m/det STRENGTH DINAMIS : ST.B.JUMP :
 TB/ BB : / kg ACC : m/det ST.T.JUMP :
 DN BASAL : END : m/det ST.V.JUMP :

TEKNIK :

SENIN, JUNI 2004	SELASA, JUNI 2004	RABU, JUNI 2004	MINGGU, JUNI 2004
WU: Jog 4 keliling+ Senam M : ABC RUN+Senam GW 5 Pos 10rep 2 seri WD: Jog +Rileks	WU: Jog 5 keliling + Senam M : 6 Pos 10 rep 4 set intensitas 70-80% (P.Clean, Jack press,Incline, H.Raise, Clean&jerk Step Up,) St. Shot Put 20x Awalan penuh 10x WD: Jog Rileks	WU: Jog + Senam M : Senam gawang Ins&outs GW 20 menit 2 seri WD: Jog + peregangan	<ul style="list-style-type: none"> • Rest/ Joging + Senam
WU: Jog + Senam banyak M : St. Flopt (120 -5x)(125-3x)(130-3x) Awalan penuh menikung TO 7x Awalan 5 langkah 7x (145cm) Ins&outs (100-200-100) 5x WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : Start Block 60m - 5x 120m - 5x WD: Peregangan	WU: Jog 5 keliling + Senam M : 3 langkah menikung 90% 10x Awalan penuh 95% 7x Fly 30m 7x WD: Jog Rileks	
KAMIS, JUNI 2004	JUM'AT, JUNI 2004	SABTU, JUNI 2004	
WU: Jog + Senam M : Lempar tajam 30x Awalan pendek 10x Bounding Exercise 200x WD: Jog + Peregangan	WU: Jog + Senam M : Flexibilitas & senam khusus 30' WD: Jog Rileks	WU: Jog + Senam M : Pyramid Set 4 POS (7/70-5/80- 3/90-1/100-3/90-5/80-7/70) (H.Squat,Bench Press, Clean&jerk,Step Up) 2 seri Lari kijang 40m 7x WD: Jog 15'	
WU: Jog + Senam M : Start block 30m 7x Start block 60m 7x WD: Jog Rileks	WU: Jog + Senam M : St.B.Jump 10x Awalan pendek TO 10x Awalan 10 langkah L.J 7x Akselerasi 50m 7x WD: Jog + Peregangan	<ul style="list-style-type: none"> • Rest/ rileksasi 	

PROGRAM LATIHAN LOMPAT PERSIAPAN KHUSUS

Nama Atlet : Martini Kustiah L/P STATUS KONDISI : SPEED AB : m/det STRENGTH DINAMIS : ST.B.JUMP :
 TB/ BB : / kg ACC : m/det ST.T.JUMP :
 DN BASAL : END : m/det ST.V.JUMP :

TEKNIK : ST. FLOPT :

SENIN, JUNI 2004	SELASA, JUNI 2004	RABU, JUNI 2004	MINGGU, JUNI 2004
WU: Jog 4 keliling+ Senam M : ABC RUN 4 Pos 30m 7x ABC GW 30m 5x Lari menikung 30 m 7x WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : 5 Pos 10 rep 4 set intensitas 70% (Clean&jerk,H.Raise,Step up,Jack press,Split) Lari kijang menikung 30 m 7x WD: Jog Rileks	WU: Jog + senam M : Senam khusus (hip raising,toes heel,snake,lutut silang) WD: Peregangan + Rileksasi	<ul style="list-style-type: none"> • Rest/ Joging + Senam
WU: Jog + Senam banyak M : St. Flopt(120-7x)(125-3x)(127-1x) Awalan penuh menikung TO 10x Awalan 5 langkah cepat-150cm 10x Akselerasi 30m 5x WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : Speed (intensitas max) 30m - 7x 50m - 7x WD: Peregangan	WU: Jog 5 keliling + Senam M : Senam Gawang 4 macam 5-7X Awalan 3 titik 3 - 5 gawang 5x Akselerasi 100 M Step up _5x WD: Jog Rileks	
KAMIS, JUNI 2004	JUM'AT, JUNI 2004	SABTU, JUNI 2004	
WU: Jog + Senam M : Skipping rope 5 menit 5 seri WD: Jog + Peregangan	WU: Jog + Senam M : Bounding Exercise 200x (step up, side step, side cross step) Pop Up 40m 7x Lari kijang vertikal 40m 7x WD: Jog Rileks	WU: Jog + Senam M : Pyramid Set 4 POS (10/40-10/50- 10/60-10/70-10/80) (H.Raise,P.Clean,Step Up, Squat Jump) Lari kijang 40m 7x WD: Jog + Senam	
WU: Jog + Senam M : St. blok 80m 10x intensitas 90% Std. 120m 5x intensitas 90% WD: Jog Rileks	WU: Jog + Senam M : Akselerasi 30m 10x intensitas 100% Ditikungan 30m 7x WD: Jog + Peregangan	<ul style="list-style-type: none"> • Rest/ rileksasi 	

PROGRAM LATIHAN LOMPAT PERSIAPAN KHUSUS

Nama Atlet : Rini Susanti L/P STATUS KONDISI : SPEED AB : 8.28 m/det (\leq) STRENGTH DINAMIS : ST.B.JUMP : 2.43m= 80% (3.0m)
 TB/ BB : 167/ 58 kg ACC : 7.00 m/det (85%) ST.T.JUMP : 7.50/7.62 m=84% (9m)
 DN BASAL : END : 7.8 m/det (95%) ST.V.JUMP : 61 cm=77% (70cm)
 TEKNIK : 5 STRIDE : 4.46m (1.43 = 6.7 m/det
 10 STRIDE: 5.15 (1.32"= 7.14 m/det (80%)

SENIN, APRIL 2005	SELASA, APRIL 2005	RABU, APRIL 2005	MINGGU, APRIL 05
WU: Jog 4 keliling+ Senam M : ABC RUN 4 Pos 20m 7x POP UP 30m 5x WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : senam peregangan Imitasi TO ke dinding 30X (toe Ups) WD: Jog Rileks	WU: Senam banyak M : peregangan 30' WD: Peregangan + Jog Rileks	<ul style="list-style-type: none"> • Rest/ Joging + Senam
WU: Jog + Senam banyak M : St. L Jump - 15x Awalan 12 langkah (last 2 stride)TO 7x Awalan pendek L.J(5 stride) 7x WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : 5 Pos 10 rep 4 set intensitas 70% (P.Clean,Incline Press,Step Up, H.Raise,Step Split) Akselerasi f start 30m 7x WD: Peregangan	WU: Jog 5 keliling + Senam M : 60m - 7x RI 3'-5' int max. t : < 8" 150m - 5x RI 5' t : < 20.,3 Rest/ Set 10' WD: Jog Rileks	
KAMIS, APRIL 2005 WU: Jog + Senam M : ABC run 5 macam 20 M 5 X di lakukan cepat Akselerasi cepat 30m 5x WD: Jog + Peregangan	JUM'AT, APRIL 2005 WU: Jog + Senam M : Flexibilitas & senam khusus 30' WD: Jog Rileks	SABTU, APRIL 2005 WU: Jog + Senam M : Pyramid Set 4 POS (10/40-10/50-10/60-10/70-10/80) (H.Raise,P.Clean,Squat Jump) Lari kijang 40m 7x POP UP 30m 5x Penguatan perut 4 s3t 12 x WD: Jog + Senam	
WU: Jog + Senam M : Box Exercise pendek 200x (side step, 2 fast side, step up) berakhir di pasir Kijang Vertikal 30m 7x Akselerasi kijang 20 m 5X WD: Jog Rileks	WU: Jog + Senam M : Awalan pendek TO 10x Awalan 3 langkah T.J 7x 3 spring jump 10x Akselerasi 50m 7x WD: Jog + Peregangan		

PROGRAM LATIHAN LOMPAT PERSIAPAN KHUSUS

Nama Atlet : Doni Susanto
 TB/ BB : 173/ 65 kg
 DN BASAL :

L/P STATUS KONDISI : SPEED AB : 10. 40 m/det / -
 ACC : 8.10 m/det (77%)
 END : 8. 90 m/det (8,55%)

STRENGTH DINAMIS : ST.B.JUMP : 3.00 = 89%
 ST.T.JUMP : 9.80/9.82=105%
 ST.V.JUMP : 82 cm=95%

TEKNIK : 5 STRIDE : 5.48 m/ 5.84m/det
 10 STRIDE: 6.50 m /8.13m/det

PERFORM FACT. : 6,81 M

SENIN Mei 2005	SELASA, Mei 2005	RABU, Mei 2005	MINGGU, Mei 05
WU: Jog 4 keliling+ Senam M : ABC RUN 4 Pos 20m 7x POP UP 30m 5x WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : senam peregangan Imitasi TO ke dinding 30X (toe Ups) WD: Jog Rileks	WU: Senam banyak M : rileks peregangan WD: Peregangan + Jog Rileks	<ul style="list-style-type: none"> • Rest/ Joging + Senam
WU: Jog + Senam banyak M : St. L Jump - 12x target 2.95m Awalan pendek L.J (5 stride) 7x Awalan 12 langkah (last 2 stride)TO 7x WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : 5 Pos 10 rep 4 set intensitas 70% (P.Clean,Incline Press,Step Up, H.Raise,Step Split) Akselerasi 30m 7x WD: Peregangan	WU: Jog 5 keliling + Senam M : Awalan 7 LJ 5 X mendarat Awalan 12 langkah 7X . 150m - 5x intt < 17.4" RI 7' Rest/ Set 10' WD: Jog Rileks	
KAMIS, Mei 2005 WU: Jog + Senam M : ABC run 5 macam 20 M 5 X di lakukan cepat Senam khusus 30 ' WD: Jog + Peregangan	JUM'AT, Mei 2005 WU: Jog + Senam M : Flexibilitas & senam perlombaan 30' WD: Jog Rileks	SABTU, Mei 2005	
WU: Jog + Senam M : Box Exercise pendek 200x (side step, 2 fast side, step up) berakhir di pasir Kijang Vertikal/ 10 gawang 30m 7x Akselerasi 60 m 5X T : WD: Jog Rileks	WU: Jog + Senam M : Awalan pendek TO 7x Awalan pendek step-jump 7X Awalan 7 langkah T.J 7x Akselerasi 50m 7x WD: Jog + Peregangan	WU: Jog + Senam M : Pyramid Set 4 POS (10/40-10/50-10/60-10/70-10/80) (H.Raise,P.Clean,Squat Jump) Lari kijang 40m 7x POP UP 30m 5x WD: Jog + Senam	

PROGRAM LATIHAN LOMPAT PERSIAPAN KHUSUS

Nama Atlet : Reni Devi L/P STATUS KONDISI : SPEED AB : 7.81 m/det STRENGTH DINAMIS : ST.B.JUMP : 2,35 m
 TB/ BB : / kg ACC : 6.59 m/det ST.T.JUMP : 7.22/6.93
 DN BASAL : END : 7.01 m/det ST.V.JUMP :

TEKNIK : 129 cm

<p>SENIN, JUNI 2005 WU: Jog 4 keliling+ Senam M : ABC RUN+Senam 5 Pos 10x2 seri WD: Jog +Rileks</p>	<p>SELASA, JUNI 2005 WU: Jog 5 keliling + Senam M : Lari ABC dengan 5 variasi jarak 20m masing-masing 5x TO Imitasi 40 X WD: Jog Rileks</p>	<p>RABU, Mei 2005 WU: Jog + Senam M : Hip Raising 10 X 5 seri Pop UP Silang 10 x 5 seri Kijang vertical 10 x 5 Menggantung rock back 7 X 5seri WD: Jog Rileks</p>	<p>MINGGU, APRIL 05</p> <ul style="list-style-type: none"> • Rest/ Joging + Senam
<p>WU: Jog + Senam banyak M : St. Flopt (120-5x)(125-3x)(130-3x) Awalan pendek 3-5 langkah 1.35- 145 3- 5x tiap ketinggian Awalan penuh menikung TO 7x maks Ins&outs (50m-50m-50m 50m) 5x WD: Peregangan & Jog ringan</p>	<p>WU: Jog 4 keliling + Peregangan khusus M : : 6 Pos 10 rep 4 set intensitas 70-80% (P.Clean, Jack press, Incline, H.Raise, Clean&jerk Step Up,) WD: Peregangan</p>	<p>WU: Jog 5 keliling + Senam M : Double leg flopt 140-145cm 10x Awalan 5 langkah 7x 1.45 cm Awalan penuh gaya gunting 5x Fly 30m 7x WD: Jog Rileks</p>	
<p>KAMIS, Mei 2005 WU: Jog + Senam M : rest aktif WD: Peregangan</p>	<p>JUM'AT, APRIL 2005 WU: Jog + Senam M : Flexibilitas & senam khusus 30' WD: Jog Rileks</p>	<p>SABTU, APRIL 2005 WU: Jog + Senam M : Pyramid Set 4 POS (7/70-5/80-3/90-1/100-3/90-5/80-7/70) (H.Squat, Bench Press, Clean&jerk, Step Up) 2 seri Lari kijang 40m 7x WD: Jog 15'</p>	
<p>WU: Jog + Senam M : Bounding Exercise 200x POP UP CEPAT 40- 50 X Akselerasi Start 30m 7x Hang glide di palang 7 x 7 x WD: Jog Rileks</p>	<p>WU: Jog + Senam M : Awalan pendek planting 15x Awalan 10 langkah di bak pasir 10x Akselerasi 50m 7x WD: Jog + Peregangan</p>	<ul style="list-style-type: none"> • Rest/ rileksasi 	

PROGRAM LATIHAN LOMPAT PERSIAPAN KHUSUS

Nama Atlet : Doni Susanto L/P STATUS KONDISI : SPEED AB : 10. 34 m/det / - = STRENGTH DINAMIS : ST.B.JUMP : 3.11m = 89%>
 TB/ BB : 173/ 65 kg ACC : 8.10 m/det (77%) ST.T.JUMP : 9.95/9.72=105% =
 DN BASAL : END : 8. 90 m/det (8,55%) ST.V.JUMP : 82 cm=95%
 TEKNIK : 5 STRIDE : 5.76 m/ 7.4m/det >
 10 STRIDE: 6.20 m /8.403m/det <

PERFORM FACT. : 6,99 M/15.15 m

SENIN Junii 2005	SELASA, Juni 2005	RABU, Juni 2005	MINGGU, Jun 05
WU: Jog 4 keliling+ Senam M : ABC RUN 4 Pos 20m 7x Hang Up 15x 3set 2 macam WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : senam peregangan Imitasi TO ke dinding 30X (Star j., tuck p. split J) 10 x 3 seri WD: Jog Rileks	WU: Senam banyak M : rileks peregangan WD: Peregangan + Jog Rileks	<ul style="list-style-type: none"> • Rest/ Joging + Senam
WU: Jog + Senam banyak M : St. L Jump - 12x target 2.95m Awalan 12 langkah Lj 7x Awalan 12 langkh hop-step (5.40 -4,40 M) 7x WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : 5 Pos 10 rep 4 set intensitas 70% (P.Clean,Incline Press,Step Up, H.Raise,Step Split) Akselerasi 30m 7x WD: Peregangan	WU: Jog 5 keliling + Senam M : Awalan 15- LJ 7 X mendarat Awalan penuh (penultipe) 7X Check mark 120m - 5x intt < 13.50” RI 7’ WD: Jog Rileks	
KAMIS, Juni 2005	JUM’AT, Juni 2005	SABTU, Juni 2005	
WU: Jog + Senam M : ABC run 5 macam 20 M 5 X di lakukan cepat Senam khusus stabilisasi 30 ‘ WD: Jog + Peregangan	WU: Jog + Senam M : Flexibilitas & senam perlombaan 30’ WD: Jog Rileks		
WU: Jog + Senam M : Box Exercise pendek 200x (side step, 2 fast side, step up) berakhir di pasir lompat 10 gawang 1 step narrow 7x Akselerasi 50 m 5X T : WD: Jog Rileks	WU: Jog + Senam M : Awalan pendek TO 5x Awalan pendek step-jump 5X Awalan 10 langkah T.J 7x Akselerasi 50m 7x WD: Jog + Peregangan	WU: Jog + Senam M : Pyramid Set 4 POS (10/40-10/50-10/60-10/70-10/80) (H.Raise,P.Clean,Squat Jump, split) Lari kijang 40m 7x POP UP 30m 5x WD: Jog + Senam	

PROGRAM LATIHAN LOMPAT PERSIAPAN KHUSUS

Nama Atlet : Rini Susanti L/P STATUS KONDISI : SPEED AB : 8.9 m/det (\leq) STRENGTH DINAMIS : ST.B.JUMP : 2.60m= 86% (3.0m)
 TB/ BB : 167/ 58 kg ACC : 7.2 m/det (85%) ST.T.JUMP : 7.82/7,92 m=90% (9m)
 DN BASAL : END : 7.8 m/det (95%) ST.V.JUMP : 61 cm=77% (70cm)
 TEKNIK : 5 STRIDE : 4.30m (1.43 = 6.7 m/det
 10 STRIDE: 5.15 (1.32"= 7.14 m/det (80%) ?

SENIN, Juni 2005	SELASA, Juni 2005	RABU Juni 2005	MINGGU, Juni 05
WU: Jog 4 keliling+ Senam M : ABC RUN 4 Pos 20m 7x Hang UP 10x 3 seri (TO Pos, Split,) 50 M 7 X t: <6.90 " WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : senam peregangan Imitasi TO ke dinding 20X Jump exerc.(Star J, Split J, Tuck J) WD: Jog Rileks	WU: Senam banyak M : peregangan 30' 120 m 5 x T : <15.30 " WD: Peregangan + Jog Rileks	<ul style="list-style-type: none"> • Rest/ Joging + Senam
WU: Jog + Senam banyak M : St. L Jump 12 X Awalan 12 langkah 7x Pendaratan Awalan 12 Hop-step (4.50-3.30 m) 7x WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : 5 Pos 10 rep 4 set intensitas 70% (P.Clean,Incline Press,Step Up, H.Raise,Step Split) Akselerasi f start 30m 7x WD: Peregangan	WU: Jog 5 keliling + Senam M : Awalan 15 L. jauh 10 x Awalan penuh check Mark 7-10 X Penekanan pada 3 stride WD: Jog Rileks	
KAMIS, Juni 2005	JUM'AT, Juni 2005	SABTU, Juni2005	
WU: Jog + Senam M : ABC run 5 macam 20 M 5 X di lakukan cepat Stabilisasi khusus 30' Akselerasi cepat 30m 5x WD: Jog + Peregangan	WU: Jog + Senam M : Flexibilitas & senam khusus 30' Akselerasi 50 M 5 x t: 6.50 WD: Jog Rileks	WU: Jog + Senam M : Power Set 4 Pos Rep. 10/70%) (H.Raise,P.split, walk leaft) Lari kijang cepat 40m 7x POP UP 30m 5x Penguatan perut pos. super man 4 s3t 15 x WD: Jog + Senam	
WU: Jog + Senam M : Box Exercise pendek 200x (side step, 2 fast side, step up) berakhir di pasir Lompat 10 gw pendek 7 x Akselerasi kijang Vertikal 20 m 5X WD: Jog Rileks	WU: Jog + Senam M : Awalan pendek TO 5x Awalan pendek step-jump 7x Awalan 12 langkah TJ 7 x Akselerasi 50m 5x WD: Jog + Peregangan		

PROGRAM LATIHAN LOMPAT TINGGI PERSIAPAN KHUSUS

Nama Atlet : Reni Devi L/P STATUS KONDISI : SPEED AB : 8.19 m/det STRENGTH DINAMIS : ST.B.JUMP : 2,25 m
 TB/ BB : / kg ACC : 6.63 m/det ST.T.JUMP : 7.40/7.40M
 DN BASAL : END : 7.26 m/det ST.V.JUMP :54/53

TEKNIK : 130 cm

SENIN, JUNI 2005	SELASA, JUNI 2005	RABU, JUNI 2005	MINGGU, JUNI 05
WU: Jog 4 keliling+ Senam M : ABC RUN+Senam 5 Pos 10x2 seri WD: Jog +Rileks	WU: Jog 5 keliling + Senam M : Lari ABC dengan 5 variasi jarak 20m masing-masing 5x TO Imitasi 40 X (pop up) WD: Jog Rileks	WU: Jog + Senam M : Hip Raising 10 X 5 seri Pop UP Silang 10 x 5 seri Kijang vertical 10 x 5 Menggantung rock back 7 X 5seri WD: Jog Rileks	<ul style="list-style-type: none"> • Rest/ Joging + Senam
WU: Jog + Senam banyak M : St. Flopt (125 CM 7X) Awalan pendek -5 langkah 1.40- 145-5x tiap ketinggian Awalan penuh 5x Ketinggian maks WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : : 6 Pos 8 rep 4 set intensitas 70-80% (P.Clean, Jack press,Incline, H.Raise, Clean&jerk Step Up,) cepat WD: Peregangan	WU: Jog 5 keliling + Senam M : Double leg flopt 140-145cm 7x Awalan 5 langkah 5x 1.45 cm Awalan penuh lompat tegak 7x 135 cm WD: Jog Rileks	
KAMIS, JUNI 2005	JUM'AT, JUNI 2005	SABTU, JUNI 2005	
WU: Jog + Senam M : rest aktif WD: Peregangan	WU: Jog + Senam M : Flexibilitas & senam khusus 30' WD: Jog Rileks	WU: Jog + Senam M : power Set 4 POS rep 10 cepat (H.Squat,Bench Press, step Walk Clean&jerk,Step Up) Lari kijang vertical 30m 5x WD: Jog 15'	
WU: Jog + Senam M : Bounding Exercise 200x POP UP CEPAT 40- 50 X Akselerasi Start 30m 7x Hang glide di palang 7 x 7 x WD: Jog Rileks	WU: Jog + Senam M : Awalan pendek planting 15x Awalan 10 langkah di bak pasir 10x Akselerasi 50m 7x WD: Jog + Peregangan	<ul style="list-style-type: none"> • Rest/ rileksasi 	

PROGRAM LATIHAN LOMPAT MASA KOMPETISI I

Nama Atlet : Doni Susanto L/P
 TB/ BB : 173/ 65 kg
 DN BASAL :

STATUS KONDISI : SPEED AB : **10.52** m/det / - =
 ACC : **8.42** m/det ()
 END : **9.2** m/det (8,55%)

STRENGTH DINAMIS : ST.B.JUMP : 3.15 m = **95 %**>
 ST.T.JUMP : 10.10/10.20 = **110%**
 ST.V.JUMP : 80/76 cm = 95% < ?

TEKNIK : 5 STRIDE : 5.70 m/ 6.30.4m/det <
 10 STRIDE: **6.72 m /7.8m/det** <

PERFORM FACT. : 6,99 M/15.15 m

<p>SENIN, 4 Juli 2005</p> <p>WU: Jog 4 keliling+ Senam M : ABC RUN 4 Pos 20m 7x Hang Up 15x 3set 2 macam WD: Jog & Peregangan</p> <p>WU: Jog + Senam banyak M : St. L Jump - 8x target 3.0 M Awalan pendek 3 hop jump 7x Awalan pendek 3-step 7x Akselerasi 30 m 7x maks. WD: Peregangan & Jog ringan</p> <p>KAMIS, 6 Juli 2005</p> <p>WU: Jog + Senam M : ABC run 5 macam 20 M 5 X di lakukan cepat Senam khusus stabilisasi 30 ' WD: Jog + Peregangan</p> <p>WU: Jog + Senam M : Bounding ex/ box Exercise pendek 140x (bentuk seseuai kondisi) berakhir di pasir Akselerasi 30 m 5X T : 3.90" WD: Jog Rileks</p>	<p>SELASA, 5 Juli 2005</p> <p>WU: Jog 5 keliling + Senam M : senam peregangan Imitasi TO ke dinding 30X (Star j., tuck p. split J) 10 x 3 seri WD: Jog Rileks</p> <p>WU: Jog 4 keliling + Peregangan khusus M : 5 Pos 12 rep 4 set intensitas < 70% (P.Clean, Incline Press, Step Up, SQ. jump, Step Split) Akselerasi 30m 7x WD: Peregangan</p> <p>JUM'AT, 7 Juli 2005</p> <p>WU: Jog + Senam M : Flexibilitas & senam perlombaan 30' WD: Jog Rileks</p> <p>WU: Jog + Senam M : Awalan pendek Hop-step- 5X Awalan 12 langkah T.J 7x Check mark 5x waktu (3.10-1.03- 4.12) WD: Jog + Peregangan</p>	<p>RABU, 5 Juli 2005</p> <p>WU: Senam banyak M : rileks peregangan WD: Peregangan + Jog Rileks</p> <p>WU: Jog 5 keliling + Senam M : St. long jump 7 X > 7 m t Awalan pendek step-j 5X Awalan penuh irama T J 3X Awalan penuh LJ 5 X check mark WD: Jog Rileks</p> <p>SABTU, 8 Julii 2005</p> <p>WU: Jog + Senam M : Power Set 4 Pos repetiai 8 cepat (P.Clean, inc. press, Squat Jump split, step up) Lari kijang 30m 5x POP UP 20m 5x WD: Jog + Senam</p> <p>WU: Jog + Senam banyak M : acc. Speed fly 20 m 7 X < 2.0" St. 40 m 5 x < 4.9.0 " WD: Jog + Senam</p>	<p>MINGGU, 10 Juli 05</p> <p>Pagi. jogging + Senam senam khusus 30'</p> <p>Sore. Jogging +senam St. BJ > 3.0m 5x Awalan pendek TJ (5.2 - 4.5 - 5.4)3 x Check mark 7X Waktu di bawah (3.10"- 102"-4.12") Peregangan.</p>
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PROGRAM LATIHAN LOMPAT MASA KOMPETISI I

Nama Atlet : Doni Susanto L/P
 TB/ BB : 173/ 65 kg
 DN BASAL :

STATUS KONDISI : SPEED AB : **10.52** m/det / - =
 ACC : **8.42** m/det ()
 END : **9.2** m/det (8,55%)

STRENGTH DINAMIS : ST.B.JUMP : 3.15 m = **95 %**>
 ST.T.JUMP : 10.10/10.20= **110%**
 ST.V.JUMP : 80/76 cm = 95% < ?

TEKNIK : 5 STRIDE : 5.70 m/ 6.30.4m/det <
 10 STRIDE: **6.72 m /7.8m/det** <

PERFORM FACT. : 6,99 M/15.15 m

SENIN, 11 Juli 2005 WU: Jog 4 keliling+ Senam M : ABC RUN 4 Pos 20m 7x Imitasi TO 20 X WD: Jog & Peregangan WU: Jog + Senam banyak M : akselerasi kijang 30 m cepat 5 x Akselerasi Fly 60 m 5 x T. <7” RI 10’ WD: Peregangan & Jog ringan	SELASA, 12 Juli 2005 WU: Jog 5 keliling + Senam M : Senam peregangan ABC run rileks WD: Jog Rileks WU: Jog 4 keliling + Peregangan khusus M : Kompetisi Lompat jauh “ ingat waktu check mark saja,, nikmati kompetisi dengan rileks ‘ Latihan sudah cukup banyak parameter sudah dilewati “ WD: Peregangan	RABU, 13 Juli 2005 WU: Senam banyak M : rileks peregangan pemulihan WD: Peregangan + Jog Rileks WU: Jog 5 keliling + Senam M : satu langkah TO jump 5X Awalan pendek T J 5X penekanan pd irama TJ saja Awalan penuh TJ 5 X check mark WD: Jog Rileks	MINGGU, 17 Juli 05 Pagi. jogging + Senam senam khusus 30’ rest aktif.
KAMIS, 14 Juli 2005 WU: Jog + Senam M : ABC run 5 macam 20 M 3 X di lakukan cepat Senam khusus 30 ‘ WD: Jog + Peregangan	JUM’AT, 15 Juli 2005 WU: Jog + Senam M : Flexibilitas & stabilisasi 30’ WD: Jog Rileks	SABTU, 16 Julii 2005 WU: Jog + Senam M : rileksasi peregangan WD: Jog + Senam	
WU: Jog + Senam M : Kompetisi TJ 6 lompatan Hanya perhatikan irama H_S_J yang tepat dan enak untuk di nikmati WD: Jog Rileks	WU: Jog + Senam M : Awalan pendek triple jump- 5X Awalan penuh langkah T.J 7x Check mark 5x waktu (3.10-1.03- 4.12) WD: Jog + Peregangan	WU: Jog + Senam banyak M : Power Set 4 Pos repetiai 8 cepat (P.Clean, inc. press, Squat Jump split, step up) Lari kijang 30m 75x Pop Up 30m 5x WD: Jog + Senam	

PROGRAM LATIHAN LOMPAT PERSIAPAN KOMPETISI 1

Nama Atlet : Rini Susanti L/P
 TB/ BB : 167/ 58 kg
 DN BASAL :

STATUS KONDISI : SPEED AB : 8.8m/det (≤)
 ACC : 7.0 m/det (85%)
 END : 7.8 m/det (95%)

STRENGTH DINAMIS : ST.B.JUMP : 2.61m= 87% (3.0m)
 ST.T.JUMP : 7.80/7.83 m=90% (9m)
 ST.V.JUMP : 64 cm=797% (70cm)
 TEKNIK : 5 STRIDE : 4.55m (1.43 = 6.7 m/det
 10 STRIDE: 5.30m (1.32”= 7.6 m/det (86%) ?

<p>SENIN, 4 Juli 2005</p> <p>WU: Jog 4 keliling+ Senam M : ABC RUN 4 Pos 20m 7x Hang UP 10x 3 seri (TO Pos, Split,) 50 M 7 X t : < 6.90 “ WD: Jog & Peregangan</p> <p>WU: Jog + Senam banyak M : St. L Jump 7X Awalan 12 Hop-step (4.50-3.30 m) 7x Awalan penuh TJ 7 x Awalan penuh check mark 7 x WD: Peregangan & Jog ringan</p> <p>KAMIS, 7 Juli 2005</p> <p>WU: Jog + Senam M : Box Exercise pendek 200x (side step, 2 fast side, step up) berakhir di pasir Lompat 10 gw pendek 7 x Akselerasi kijang Vertikal 20 m 5X WD: Jog + Peregangan</p> <p>WU: Jog + Senam M : st. 60 m 5 X < 8.0 “ St 120 m 5 x 15.9 “ WD: Jog Rileks</p>	<p>SELASA, 5 Juli 2005</p> <p>WU: Jog 5 keliling + Senam M : senam peregangan Imitasi TO ke dinding 20X WD: Jog Rileks</p> <p>WU: Jog 4 keliling + Peregangan khusus M : 5 Pos 120 rep 4 set intensitas 70% (P.Clean, Incline Press, Step Up, jack press, Step Split) Akselerasi fly start 30m 7x WD: Peregangan</p> <p>JUM'AT, 8 juli 2005</p> <p>WU: Jog + Senam M : Flexibilitas & senam khusus 30’ Akselerasi Fly 20 M 5 x t: 2..3” WD: Jog Rileks</p> <p>WU: Jog + Senam M : Awalan pendek Hop- step-jump 7x Awalan penuh langkah TJ 5 x Awalan check mark TJ 5 X WD: Jog + Peregangan</p>	<p>RABU, 6 jului 2005</p> <p>WU: Senam banyak M : peregangan 30’ 50 m 7 x T : < 7.20 “ WD: Peregangan + Jog Rileks</p> <p>WU: Jog 5 keliling + Senam M : Awalan pendek L. jauh 7 x Awalan penuh check Mark 7- X Penekanan pada 3 stride WD: Jog Rileks</p> <p>SABTU, 9Juli 2005</p> <p>WU: Jog + Senam M : Power Set 4 Pos Rep. 10/70%) (Sq. Jump.split, walk left Inc. jack press, step up) Lari kijang cepat 40m 7x POP UP 30m 5x Penguatan perut hang leg up 3 s3t 10 x WD: Jog + Senam</p>	<p>MINGGU, 10Juli 05</p> <ul style="list-style-type: none"> • Rest/ Joging + Senam
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PROGRAM LATIHAN LOMPAT MASA KOMPETISI II

Nama Atlet : Rini Susanti L/P
 TB/ BB : 167/ 58 kg
 DN BASAL :

STATUS KONDISI : SPEED AB : 8.8m/det (\leq)
 ACC : 7.0 m/det (85%)
 END : 7.8 m/det (95%)

STRENGTH DINAMIS : ST.B.JUMP : **2.61m**= 87% (3.0m)
 ST.T.JUMP : 7.80/7.83 m=90% (9m)
 ST.V.JUMP : **64 cm**=797% (70cm)
 TEKNIK : 5 STRIDE : **4.55m** (1.43 = 6.7 m/det)
 10 STRIDE: **5.30m** (**1.32**"= 7.6 m/det (86%) ?

SENIN, 12/19/26 SEP. 2005	SELASA, 13/20/27. SEP 2005	RABU, 14/21/28 SEP 2005	MINGGU,,SEP. 05
WU: Jog 4 keliling+ Senam M : ABC RUN 4 Pos 20m 7x Imitasi TO 20 X WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : Senam peregangan ABC run rileks Akselerasi fly 40 m 7 x maks RI 7' WD: Jog Rileks	WU: Senam banyak M : 50 m 7 x T : <7.0 " RI Pulih WD: Peregangan + Jog Rileks	<p>Pagi. joging + Senam senam khusus 30'</p> <p>rest aktif.</p>
WU: Jog + Senam banyak M : Awalan 12 Hop-step (4.50-3.30 m) 7x Awalan penuh TJ 5 x (4.30-3.50-4.50) Awalan penuh check mark 7 x WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : 5 Pos 8 rep 4 set intensitas 70% (P.Clean,Incline Press,Step Up, jack press,Step Split) Akselerasi kijang 30m 5x WD: Peregangan	WU: Jog 5 keliling + Senam M : Awalan pendek L. jauh 7 x Awalan penuh check Mark 7- X Penekanan pada 3 stride WD: jog Rileks	
KAMIS,15/22/29 SEP 2005	JUM'AT, 16/23/30 SEP 2005	SABTU, 17/24 SEPTEMBER 2005	
WU: Jog + Senam M : Box Exercise pendek 150x (side step, 2 fast side, step up) berakhir di pasir Lompat 10 gw pendek 7 x Akselerasi kijang Vertikal 20 m 5X WD: Jog + Peregangan	WU: Jog + Senam M : Flexibilitas & stabilisasi 30' Fly 20 m 7 x maks WD: Jog Rileks	WU: Jog + Senam M : Power Set 4 Pos Rep. 10/70%) (Sq. Jump.split, walk leaft Inc. jack press, step up) Lari kijang cepat 40m 7x POP UP 30m 5x Penguatan perut hang leg up 3 x10 WD: Jog + Senam	
WU: Jog + Senam M : Start Blok 60 m -7x T :7.10 " St. 120 m 5 x T :< 15.7" WD: Jog Rileks	WU: Jog + Senam M : Awalan pendek Hop-Step- 5X Awalan penuh langkah T.J 7x Check mark 7x waktu (3.10-1.15- 4.25) WD: Jog + Peregangan	WU: Jog + Senam banyak M : Rileksasi WD: Jog + Senam	

PROGRAM LATIHAN LOMPAT TINGGI KOMPETISI

Nama Atlet : Reni Devi L/P STATUS KONDISI : SPEED AB : 7.9 m/det STRENGTH DINAMIS : ST.B.JUMP : **2,33** m
 TB/BB : 167 / 56 kg ACC : 6.6 m/det ST.T.JUMP : 7.20/7.29M
 DN BASAL : END : 7.1 m/det ST.V.JUMP : **56/55**

TEKNIK : 130 cm

SENIN, 24 OKTOBER 2005	SELASA, 25 OKTOBER 2005	RABU, 26 OKTOBER 2005	MINGGU, 30 OKT 05
WU: Jog 4 keliling+ Senam M : ABC RUN+Senam 5 Pos 10x2 seri Akselerasi 30 m 7 x maks WD: Jog +Rileks	WU: Jog 5 keliling + Senam M : Lari ABC dengan 5 variasi jarak 20m masing-masing 5x TO Imitasi ZIGZAG 8 X 5 x WD: Jog Rileks	WU: Jog + Senam M : Hip Raising 10 X 5 seri Pop UP Silang 10 x 5 seri Kijang Silang 10 x 5 Menggantung rock back 7 X 5 seri WD: Jog Rileks	<ul style="list-style-type: none"> • Rest/ Joging + Senam dan Abc 4 pos 20m 5 seri.
WU: Jog + Senam banyak M : St. Flopt (125 CM 7X) Awalan pendek -3 langkah 1.40 5x Awalan penuh 5x Ketinggian maks WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : : 6 Pos 12 rep 4 set intensitas 70% (P.Clean, Jack press, Incline, H.Raise, Clean&jerk Step Up,) cepat KIijang Mmenkung 30 M 5Xcepat WD: Peregangan	WU: Jog 5 keliling + Senam M : St. flopt 130-cm 5x Awalan penuh lompat tegak 5x Awlan penuh ketinggian Maks 5 x WD: Jog Rileks	
KAMIS, 27 OKTOBER 2005	JUM'AT, 28 OKTOBER 2005	SABTU, 29 OKTOBER 2005	
WU: Jog + Senam M : Box Exercise pendek 100x (side step, 2 fast side, step up) berakhir di pasir Lompat 10 gw pendek 7 x Akselerasi kijang Vertikal 20 m 5X WD: Peregangan	WU: Jog + Senam M : Flexibilitas & senam khusus 30' Sda hari rabu pagi WD: Jog Rileks	WU: Jog + Senam M : power Set 4 Pos rep 8 cepat .Squat j., Inc. jack Press, C & Jerk Step Up) Lari kijang vertical 30m 5x WD: Jog 15'	
WU: Jog + Senam M : st. 100 m di tikungan 5 x 14.0" WD: Jog Rileks	WU: Jog + Senam M : Awalan pendek planting 10x Awalan 10 langkah di bak pasir 10x Akselerasi 50m 7x WD: Jog + Peregangan	<ul style="list-style-type: none"> • Rest/ rileksasi 	

CATATAN HASIL LATIHAN MASA PERSIAPAN KHUSUS/UMUM/KOMPETISI

MESO KE : BULAN : Tahun.

Nama Atlet :	L/P	STATUS KONDISI :	SPEED AB :	m/det (≤)	STRENGTH DINAMIS :	ST.B.JUMP :	= 80% (3.0m)
TB/ BB :	kg		ACC :	m/det (85%)		ST.T.JUMP :	=84% (9m)
DN BASAL :			END :	m/det (95%)		ST.V.JUMP :	cm=77% (70cm)
					TEKNIK : 5 STRIDE :		7 m/det
					10 STRIDE:		(80%)

SENIN/	2007...	SELASA/	;2007	RABU/	J2007
KAMIS/	2007	JUM'AT/ ...	2007	SABTU/	J 2007

PELATIH,

CATATAN HASIL LATIHAN

Nama Atlet : Doni Susanto L/P
 TB/ BB : 173/ 65 kg
 DN BASAL :

STATUS KONDISI : SPEED AB : 10.30 m/det / -
 ACC : 8.81 m/det (87%)
 END : 8.13 m/det (86%)

STRENGTH DINAMIS : ST.B.JUMP : 2,99m= 89%
 ST.T.JUMP : 9.60m=105%
 ST.V.JUMP : 82 cm=95%

TEKNIK : 5 STRIDE :

PERFORM FACT. : 6.99 M

10 STRIDE: 6.48 m

SENIN/ JUNI 2005...	SELASA/ JUNI 2005	RABU/ JUNI 2005
KAMIS/ JUNI 2005	JUM'AT/ ...JUNI2005	SABTU/ JUNI 2005

PELATIH,

PROGRAM LATIHAN LOMPAT PERSIAPAN KHUSUS II

Nama Atlet : Doni Susanto L/P
 TB/ BB : 173/ 65 kg
 DN BASAL :

STATUS KONDISI : SPEED AB : **10.34** m/det / - =
 ACC : **8.98** m/det >)
 END : **9.0** m/det (8,55%)<

STRENGTH DINAMIS : ST.B.JUMP : 3.14 m = **95 %**><
 ST.T.JUMP : 10.10/10.17= **110%**
 ST.V.JUMP : 79/778 cm = 95% < />
 TEKNIK : 5 STRIDE : 5.70 m/ 4m/det <
 10 STRIDE: **6.45 m/9/det** </
 TJ : 14.20 m(5.4-3, 6-5.23)

PERFORM FACT. : 7.20 M/15.31 m

SENIN, 8 /15/22/ Agustug 2005	SELASA, 9/16/23 Agustus 2005	RABU, 110/17/24 Agustuds 2005	MINGGU, 05
WU: Jog 4 keliling+ Senam M : ABC RUN 4 Pos 320m 5x (LPK-LAP,Cyckling, Marching, Pop up) Imitasi TO di dinding 20 X 5 seri WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : Senam peregangan Aktivasi stride cepat 25 “ 7 X cepat WD: Jog Rileks	WU: Senam banyak M : peregangan pemulihan WD: Peregangan + Jog Rileks	Pagi. jogging + Senam senam khusus 30’ St. L.jump 10 x St. step –Jump 10X Games 30 menit rest aktif.
WU: Jog + Senam banyak M : 5 stride TO 7X 12 Stride TO 10 X Lari awalan TO 3 X Penuh mendarat 5 x WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : Power Tr. Rep. 8 4 seri (step Up, Jack Press, Power Clean, sq Jump split, leg up) Akselerasi kijang 50 m 7 X cepat WD: Peregangan	WU: Jog 5 keliling + Senam M : St. B. Jump 3.0 > 10 X St. triple jump 10 x Awalan 12 TJ 5X penekanan pd Perbandingan (5.40-410-5.50) 7x Awalan penuh TJ 5 X check mark WD: Jog Rileks	
KAMIS, 11/18/25 Agustus 2005	JUM’AT, 112/19/26/2 Agustus 2005	SABTU, 13/20/27/3 Agustus 2005	
WU: Jog + Senam M : ABC run 5 macam 20 M 3 X di lakukan cepat Akselerasi 60 m 5 X cepat WD: Jog + Peregangan	WU: Jog + Senam M : Flexibilitas & stabilisasi 30’ WD: Jog Rileks	WU: Jog + Senam M : ins & out (20 – 15 -20) 7 x WD: Jog + Senam	
WU: Jog + Senam M : Permainan Box dan pendaratan 200x (LJ/TJ) WD: Jog Rileks	WU: Jog + Senam M : Awalan pendek TO Posisi 1- 10X Awalan 12 langkah T.O POS.1 + Melayang 7x Awalan 12/15 LJ 7 x WD: Jog + Peregangan	WU: Jog + Senam banyak M : Power Set 4 Pos repetiai 8 cepat (,Leaf split,Squat Jump, Hell Raise, step up) Lari 100 m t; 11.4” 7x RI : 5-7 Pop Up 30m 5x WD: Jog + Senam	

Pelatih,

PROGRAM LATIHAN LOMPAT MASA KOMPETISI II

Nama Atlet : Doni Susanto
 TB/ BB : 173/ 65 kg
 DN BASAL :

L/P STATUS KONDISI : SPEED AB : **10.52** m/det / - =
 ACC : **8.42** m/det ()
 END : **9.2** m/det (8,55%)

STRENGTH DINAMIS : ST.B.JUMP : 3.15 m = **95 %**>
 ST.T.JUMP : 10.10/10.20= **110%**
 ST.V.JUMP : 80/76 cm = 95% < ?
 TEKNIK : 5 STRIDE : 5.70 m/ 6.30.4m/det <
 10 STRIDE: **6.70 m** /7.8m/det <

PERFORM FACT. : 7.20 M/15.31 m - Juli 2005

SENIN, 19 JSep 2005	SELASA, 20 Sep. 2005	RABU, 21 Sepi 2005	MINGGU, 24 Sep 05
WU: Jog 4 keliling+ Senam M : ABC RUN 4 Pos 20m 7x Imitasi TO 20 X WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : Senam peregangan ABC run rileks WD: Jog Rileks	WU: Senam banyak M : rileks peregangan pemulihan WD: Peregangan + Jog Rileks	Pagi. jogging + Senam senam khusus 30' rest aktif. H: S ; J = 5.40-450-5.50
WU: Jog + Senam banyak M : St. B.J di atas 3.10 m 7 x Awalan 12 langkah TO Jump. Awalan penuh 5 X L J ump. 5 langkah t: 1.05" ((9,95 m) WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : akselerasi kijang 30 m cepat 5 x Akselerasi Fly 50 m 5 x T. <6,8" RI 10' WD: Peregangan	WU: Jog 5 keliling + Senam M : satu langkah TO jump 5X Awalan pendek T J 5X penekanan pd irama TJ saja dan TO hop.aktif Awalan penuh TJ 5 X check mark WD: Jog Rileks	
KAMIS, 22 Sep 2005	JUM'AT, 23 Sep. 2005	SABTU, 24 Sep.2005	
WU: Jog + Senam M : ABC run 5 macam 20 M 3 X di lakukan cepat Senam khusus kompetisi 30 ' WD: Jog + Peregangan	WU: Jog + Senam M : Flexibilitas & khusus30' Akselerasi 20 m 5 x WD: Jog Rileks	WU: Jog + Senam M : rileksasi peregangan WD: Jog + Senam	
WU: Jog + Senam M : Senam dan chekmark 19/9/2005 (catat jarak awalan keseluruhan dan 10 m menjelang TO)(2,68-1.03 -4.70) WD: Jog Rileks	WU: Jog + Senam M : Kompetisi Lompat jauh " ingat waktu check mark saja,, nikmati kompetisi dengan rileks ' Latihan sudah cukup banyak parameter sudah dilewati, apalagi ?" WD: Jog + Peregangan	WU: Jog + Senam banyak M : Komptesisi L. jangkit (posisi TO HOP aktif dan condong, Kecepatan tertinggi disini, jarak HSJ yang proporsional) WD: Jog + Senam	

PROGRAM LATIHAN LOMPAT MASA KOMPETISI II

Nama Atlet : Doni Susanto L/P STATUS KONDISI : SPEED AB : **10.52** m/det / - = STRENGTH DINAMIS : ST.B.JUMP : 3.15 m = **95 %**>
 TB/ BB : 173/ 65 kg ACC : **8.42** m/det () ST.T.JUMP : 10.10/10.20= **110%**
 DN BASAL : END : **9.2** m/det (8,55%) ST.V.JUMP : 80/76 cm = 95% < ?

TEKNIK : 5 STRIDE : 5.70 m/ 6.30.4m/det <

PERFORM FACT. : 6.95 M/15.02 m - September2005

10 STRIDE: **6.70 m** /7.8m/det <

SENIN, 19 JSep 2005	SELASA, 20 Sep. 2005	RABU, 21 Sepi 2005	MINGGU, 24 Sep 05
WU: Jog 4 keliling+ Senam M : ABC RUN 4 Pos 20m 7x Imitasi TO 20 X WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : Senam peregangan ABC run rileks WD: Jog Rileks	WU: Senam banyak M : rileks peregangan pemulihan WD: Peregangan + Jog Rileks	<p>Pagi. joging + Senam senam khusus 30'</p> <p>rest aktif.</p> <p>H: S ; J = 5.40-450-5.50</p>
WU: Jog + Senam banyak M : St. B.J di atas 3.10 m 7 x Awalan 12 langkah TO Jump. Awalan penuh 5 X L J ump. 5 langkah t: 1. 05" ((9,95 m) WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : akselerasi kijang 30 m cepat 5 x Akselerasi Fly 50 m 5 x T. <6,8" RI 10' WD: Peregangan	WU: Jog 5 keliling + Senam M : satu langkah TO jump 5X Awalan pendek T J 5X penekanan pd irama TJ saja dan TO hop.aktif Awalan penuh TJ 5 X check mark WD: Jog Rileks	
KAMIS, 22 Sep 2005	JUM'AT, 23 Sep. 2005	SABTU, 24 Sep.2005	
WU: Jog + Senam M : ABC run 5 macam 20 M 3 X di lakukan cepat Senam khusus kompetisi 30 ' WD: Jog + Peregangan	WU: Jog + Senam M : Flexibilitas & khusus30' Akselerasi 20 m 5 x WD: Jog Rileks	WU: Jog + Senam M : rileksasi peregangan WD: Jog + Senam	
WU: Jog + Senam M : Senam dan chekmark 19/9/2005 (catat jarak awalan keseluruhan dan 10 m menjelang TO)(2,68-1.03 -4.70) WD: Jog Rileks	WU: Jog + Senam M : awalan me 12 langkah L. Jauh 7x Awalan 12 hop -step () WD: Jog + Peregangan	WU: Jog + Senam banyak M : WD: Jog + Senam	

PROGRAM LATIHAN LOMPAT MASA KOMPETISI II

Nama Atlet : Doni Susanto L/P
 TB/ BB : 174/ 65 kg
 DN BASAL :

STATUS KONDISI : SPEED AB : **10.75** m/det / - =
 ACC : **8.37** m/det ()
 END : **9.03** m/det (8,55%)

STRENGTH DINAMIS : ST.B.JUMP : 3.04 m = **95 %**>
 ST.T.JUMP : 10.10/9.87= **110%**
 ST.V.JUMP : 80/76 cm = 95% < ?

TEKNIK : 5 STRIDE : <

PERFORM FACT. : 7.20 M/15.02 m - September 2005

10 STRIDE: **6.50 m** /9.30m/det <

SENIN, 24 oktober 2005	SELASA, 25 Oktober 2005	RABU, 26 Oktober 2005	MINGGU, 31 Okto 05
WU: Jog 4 keliling+ Senam M : Lari ABC 5 Pos 30m 5x Akselerasi st. 30 m 7X RI 5' WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : Senam peregangan Calesthenic 1 jam WD: Jog Rileks	WU: Jog +Senam banyak M : Lari abc 30 m 5 pos 5 x Fly 50 m 5 x RI 7' WD: Peregangan Rileks	<p>Pagi. joging + Senam senam khusus 30'</p> <p>H: S ; J = 5.50-430-5.50</p>
WU: Jog + Senam banyak M : Step.-Jump 7 x Posisi lengan ^ Awalan 12 langkah H-step-Jump 5x. Awalan penuh check mark 7 x t: ? WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : Power ex. Rep.8 4 seri ins. 60-70% (Step up- Power Jerk- TO Machine) + hang leg lift alt. 10 x 3 seri Akselerasi Bdg step 40 m 5 x . Hop-step 30m 5x WD: Peregangan	WU: Jog 5 keliling + Senam M : St. Broad jump 7X > 3.05m Awalan ¾ /15 langkah T J 7X penekanan pd irama/jarak TJ saja dan TO hop aktif & cepat Lari 50 m 3langkah terakhir 5 X WD: Jog Rileks	
KAMIS, 27 Oktober 2005 <p style="text-align: center;">Rest aktif</p>	JUM'AT, 28 Oktober. 2005 WU: Jog + Senam M : Flexibilitas & khusus 30' Akselerasi 20 m 5 x WD: Jog Rileks	SABTU, 29 Oktober 2005 WU: Jog + Senam M : lari abc special 40 M (annkling 10m- Marching 15m-Bounding stride 20m – tanpa terputus). Akselerasi 30m 5 x WD: Jog + Senam	
WU: Jog + Senam banyak M : Box & sand exercise 120 x 3 box & alat lain & sand Akselerasi 60 m 5 x int. maks WD: Jog Rileks	WU: Jog + Senam M : awalan 1 langkah TO L. Jauh 7x Awalan 15 langkah L . J 5 x Awalan penuh TJ 5 x WD: Jog + Peregangan	WU: Jog + Senam banyak M : Power ex. Rep. 6 3 seri int. 95 % (hell Raise-Clean jerk, 1/2 Squat) Diselingi Start jump, split jump, tuck 10x WD: Jog + Senam	

PROGRAM LATIHAN LOMPAT MASA KOMPETISI II

Nama Atlet : M. JUNAEDI L/P STATUS KONDISI : SPEED AB : **10.42** m/det / - = STRENGTH DINAMIS : ST.B.JUMP : 3.08 m = **96 %**>
 TB/ BB : 174/ 69 kg ACC : **8,21** m/det (/ 7,4 M/DET.) ST.T.JUMP : 10.10/9.90= **110%**
 DN BASAL : END : **8,68** m/det (83%) ST.V.JUMP : **80/75 cm** = 95%

TEKNIK : 10 STRIDE TJ 14.30 (;
 10 STRIDE: **6.35 m** /9.30m/det <

PERFORM FACT. : 15.25 m - September2005

<p>SENIN, 24 oktober 2005</p> <p>WU: Jog 4 keliling+ Senam M : Lari ABC 5 Pos 30m 5x Akselerasi St. 30 m 7X RI 5' WD: Jog & Peregangan</p>	<p>SELASA, 25 Oktober 2005</p> <p>WU: Jog 5 keliling + Senam M : Senam peregangan Calesthenic 1 jam WD: Jog Rileks</p>	<p>RABU, 26 Oktober 2005</p> <p>WU: Jog +Senam banyak M : Lari abc 30 m 5 pos 5 x Fly 50 m 5 x RI 7' WD: Peregangan Rileks</p>	<p>MINGGU,31 Okto 05</p> <p>Pagi. joging + Senam senam khusus 30'</p>
<p>WU: Jog + Senam banyak M : Step.-Jump 7 x Posisi lengan Segitiga Awalan 12 langkah H-step-Jump 5x. Awalan penuh check mark 7 x t: ? (4 kali dan 3 kali mendarat) WD: Peregangan & Jog ringan</p>	<p>WU: Jog 4 keliling + Peregangan khusus M : Power ex. Rep.8 4 seri ins. 60-70% (Step up- Power Jerk- TO Machine) + hang leg lift alt. 10 x 3 seri Akselerasi Bdg step 40 m 5 x . Hop-step 30m 5x WD: Peregangan</p>	<p>WU: Jog 5 keliling + Senam M : 1 Step jump 7X Awalan ¾ /15 langkah T J 7X penekanan pd irama/jarak TJ saja dan TO hop aktif & cepat St.. Lari 50 m 3 langkah terakhir 5 X WD: Jog Rileks</p>	<p>H: S ; J = 5.40-410-5.50</p>
<p>KAMIS, 27 Oktober 2005</p> <p style="text-align: center;">Rest aktif</p>	<p>JUM'AT, 2 8 Oktober. 2005</p> <p>WU: Jog + Senam M : Flexibilitas & khusus30' Akselerasi 20 m 5 x WD: Jog Rileks</p>	<p>SABTU, 29 Oktober 2005</p> <p>WU: Jog + Senam M : lari abc special 40 M (annkling 10m- Marching15m-Bounding stride 20m – tanpa terputus). 7x Akselerasi 30m 5 x WD: Jog + Senam</p>	
<p>WU: Jog + Senam banyak M : Box & sand exercise 120 x 3 box & alat lain & pasir Akselerasi 60 m 5 x int. maks WD: Jog Rileks</p>	<p>WU: Jog + Senam M : awalan 1 langkah jump 7x Awalan 15 langkah (H-S-J Ratio) 7 x Awalan penuh TJ 5 x (analisis Gbr) WD: Jog + Peregangan</p>	<p>WU: Jog + Senam banyak M : Power ex. Rep. 6 3 seri int. 95 % (Hell Raise-Clean jerk, 1/2 Squat) Diselingi Start jump,split jump,tuck 10x WD: Jog + Senam</p>	

PROGRAM LATIHAN LOMPAT MASA KOMPETISI II

Nama Atlet : Rini Susanti L/P STATUS KONDISI : SPEED AB : 8.8m/det (\leq)
 TB/ BB : 167/ 58 kg ACC : 7.0 m/det (85%)
 DN BASAL : END : 7.8 m/det (95%)

STRENGTH DINAMIS : ST.B.JUMP : **2.61m**= 87% (3.0m)
 ST.T.JUMP : 7.80/7.83 m=90% (9m)
 ST.V.JUMP : **64 cm**=797% (70cm)
 TEKNIK : 5 STRIDE : **4.55m** (1.43 = 6.7 m/det)
 10 STRIDE: **5.30m** (**1.32**"= 7.6 m/det (86%) ?

<p>SENIN, 24 oktober 2005</p> <p>WU: Jog 4 keliling+ Senam M : Lari ABC 5 Pos 30m 5x Akselerasi st. 30 m 7X RI 5' WD: Jog & Peregangan</p>	<p>SELASA, 25 Oktober 2005</p> <p>WU: Jog 5 keliling + Senam M : Senam peregangan Caesthenic 1 jam WD: Jog Rileks</p>	<p>RABU, 26 Oktober 2005</p> <p>WU: Jog +Senam banyak M : Lari abc 30 m 5 pos 5 x Fly 50 m 5 x RI 7' WD: Peregangan Rileks</p>	<p>MINGGU,31 Okto 05</p> <p>Pagi. jogging + Senam senam khusus 30'</p> <p>sabtu p/s bisa pindah ke hari minggu</p> <p>H: S ; J = 4.30-320-4.30</p>
<p>WU: Jog + Senam banyak M : Step.-Jump 7 x Posisi lengan ^ Awalan 12 langkah H-step-Jump 5x. Awalan penuh check mark 7 x t: ? WD: Peregangan & Jog ringan</p>	<p>WU: Jog 4 keliling + Peregangan khusus M : Power ex. Rep.8 4 seri ins. 60-70% (Step up- Power Jerk- walk left) + hang leg lift alt. 10 x 3 seri Akselerasi Bdg step 40 m 5 x . Hop-step 30m 5x WD: Peregangan</p>	<p>WU: Jog 5 keliling + Senam M : St. Broad jump 7X > 3.05m Awalan ¾ /15 langkah T J 7X penekanan pd irama/jarak TJ saja dan TO hop aktif & cepat Lari 50 m 3langkah terakhir 5 X WD: Jog Rileks</p>	
<p>KAMIS, 27 Oktober 2005</p> <p style="text-align: center;">Rest aktif</p>	<p>JUM'AT, 2 8 Oktober. 2005</p> <p>WU: Jog + Senam M : Flexibilitas & khusus30' Akselerasi 20 m 5 x WD: Jog Rileks</p>	<p>SABTU, 29 Oktober 2005</p> <p>WU: Jog + Senam M : lari abc special 40 M (ankling 10m- Marching15m-Bounding stride 20m – tanpa terputus). Akselerasi 30m 5 x WD: Jog + Senam</p>	
<p>WU: Jog + Senam banyak M : Box & sand exercise 120 x 3 box & alat lain & pasir Akselerasi 60 m 5 x int. maks WD: Jog Rileks</p>	<p>WU: Jog + Senam M : awalan 1 langkah TO L. Jauh 7x Awalan 15 langkah L. J 5 x Awalan penuh TJ 5 x WD: Jog + Peregangan</p>	<p>WU: Jog + Senam banyak M : Power ex. Rep. 6 3 seri int. 95 % (hell Raise-Clean jerk, 1/2 Squat) Diselingi Start jump,split jump,tuck 10x WD: Jog + Senam</p>	

PROGRAM LATIHAN LOMPAT MASA KOMPETISI II

Nama Atlet : Doni Susanto L/P
 TB/ BB : 174/ 65 kg
 DN BASAL :

STATUS KONDISI : SPEED AB : **10.75** m/det / - =
 ACC : **8.37** m/det ()
 END : **9.03** m/det (8,55%)

STRENGTH DINAMIS : ST.B.JUMP : 3.04 m = **95 %**>
 ST.T.JUMP : 10.10/9.87= **110%**
 ST.V.JUMP : 80/76 cm = 95% < ?

TEKNIK : 5 STRIDE : <

PERFORM FACT. : 7.20 M/15.02 m - September 2005

10 STRIDE: **6.50 m** /9.30m/det <

Minggu 31 oktober 2005	SENIN, 1 Nopember 2005	SELASA, 2 Novemberr 2005	SABTU, 6 Nov 05
WU: Jog 4 keliling+ Senam M : Lari ABC 5 Pos 30m 5x Akselerasi st. 30 m 7X RI 5' WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : Senam peregangan Calesthenic 1 jam WD: Jog Rileks	WU: Jog +Senam banyak M : Lari abc 30 m 5 pos 5 x Fly 50 m 5 x RI 7' WD: Peregangan Rileks	Pagi. Max. strength . 3 seri pyramid 3 pos 85/5-90/3-100/1- 90/3-85/5
WU: Jog + Senam banyak M : awalan 1 langkah TO L. Jauh 7x Awalan 15 langkah L . J 5 x Awalan penuh L Jump 5 x WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : Power ex. Rep.8 4 seri ins. 60-70% (Step up- Power Jerk- TO Machine) + hang leg lift alt. 10 x 3 seri Akselerasi Bdg step 40 m 5 x . WD: Peregangan	WU: Jog 5 keliling + Senam M : St. Broad jump 5X > 3.05m Awalan ¾ /15 langkah T J 7X penekanan pd irama/jarak TJ saja dan TO hop aktif & cepat Lari 50 m 3 langkah terakhir 5 X T: WD: Jog Rileks	(hell raise, clean&jerk, ½ squat
RABU, 3 November 2005	KAMIS, 4 Nvember. 2005	JUMAT, 5 November 2005	Minggu, 7 Nov. 05
<i>HARI RAYA IDUL FITRI</i>		WU: Jog + Senam M : lari abc special 40 M (annkling 10m- Marching 15m-Bounding stride 20m – tanpa terputus). WD: Jog + Senam	Jog & senam rileks 1 jam
	HARI RAYA IDUL FITRI	WU: Jog + Senam banyak M : Bounding ex. Pakai box 3 ke pasir 7x 4 pos. Fly 30 m 7 x T : < 2.9" WD: Jog + Senam	H: S ; J = 5.50-430-5.50

PROGRAM LATIHAN LOMPAT MASA KOMPETISI II

Nama Atlet : M. JUNAEDI L/P
 TB/ BB : 174/ 69 kg
 DN BASAL :

STATUS KONDISI : SPEED AB : **10.42** m/det / - =
 ACC : **8,21** m/det (/ 7,4 M/DET.)
 END : **8,68** m/det (83%)

STRENGTH DINAMIS : ST.B.JUMP : 3.08 m = **96 %**>
 ST.T.JUMP : 10.10/9.90= **110%**
 ST.V.JUMP : 80/75 cm = 95%
 TEKNIK : 10 STRIDE TJ 14.30 (;
 10 STRIDE: **6.35 m** /9.30m/det <

PERFORM FACT. : 15.25 m - September2005

<p>Senin, 7 N opemberr 2005 WU: Jog 4 keliling+ Senam M : Lari ABC 5 Pos 30m 5x Akselerasi st. 30 m 7X RI 5' WD: Jog & Peregangan</p>	<p>Selasa, 8 Nopember 2005 WU: Jog 5 keliling + Senam M : Senam peregangan Calesthenic 1 jam WD: Jog Rileks</p>	<p>Rabu, 9 Novemberr 2005 WU: Jog +Senam banyak M : Lari abc 30 m 5 pos 5 x Fly 50 m 5 x RI 7' WD: Peregangan Rileks</p>	<p>SABTU, 6 Nov 05 Pagi. Max. strength . 3 seri pyramid 3 pos 85/5-90/3-100/1- 90/3-85/5 (hell raise, clean&jerk, ½ squat Minggu,7 Nov. 05 Jog & senam rileks 1 jam H: S ; J = 5.50-430-5.50</p>
<p>WU: Jog + Senam banyak M : awalan 3 langkah step jump 5x Awalan 15 langkah TJ 5 x Awalan penuh TJ Jump 5 x WD: Peregangan & Jog ringan</p>	<p>WU: Jog 4 keliling + Peregangan khusus M : Power ex. Rep.8 4 seri ins. 60-70% (Step up- Power Jerk- TO Machine) + hang leg lift alt. 10 x 3 seri Akselerasi Bdg step 40 m 5 x . WD: Peregangan</p>	<p>WU: Jog 5 keliling + Senam M : St. Broad jump 5X > 3.05m Awalan ¾ /15 langkah T J 7X penekanan pd irama/jarak TJ saja dan TO hop aktif & cepat Lari 50 m 3 langkah terakhir 5 X T: WD: Jog Rileks</p>	
<p>RABU, 3 November 2005 <i>HARI RAYA IDUL FITRI</i></p>	<p>KAMIS, 4 Nvember. 2005 HARI RAYA IDUL FITRI</p>	<p>JUMAT, 5 November 2005 WU: Jog + Senam M : lari Abc special 40 M (ankling 10m- Marching15m-Bounding stride 20m – tanpa terputus). WD: Jog + Senam</p>	
<p>HARI RAYA IDUL FITRI</p>	<p>HARI RAYA IDUL FITRI</p>	<p>WU: Jog + Senam banyak M : Bounding ex. Pakai box 3 ke pasir 7x 4 pos. Fly 30 m 7 x t: <3“ WD: Jog + Senam</p>	

PROGRAM LATIHAN LOMPAT MASA KOMPETISI II

Nama Atlet : Doni Susanto
 TB/ BB : 174/ 65 kg
 DN BASAL :

L/P STATUS KONDISI : SPEED AB : **10.75** m/det / - =
 ACC : **8.37** m/det (77.8 %) <
 END : **9.03** m/det (8,55%)

STRENGTH DINAMIS : ST.B.JUMP : 3.04 m = **95 %**>
 ST.T.JUMP : 10.10/9.87= **110%**
 ST.V.JUMP : 80/76 cm = 95% < ?
 TEKNIK : 10 STRIDE TJ : 14.40m
 10 STRIDE: **6.50 m** /9.30m/det <

PERFORM FACT. : 7.20 M/15.02 m - September 2005

SENIN, 7 Npemberr 2005 WU: Jog 4 keliling+ Senam M : Lari ABC 5 Pos 30m 5x Akselerasi st. 30 m 7X RI 5' WD: Jog & Peregangan	SELASA, 8 Nopember 2005 WU: Jog 5 keliling + Senam M : Senam peregangan Calesthenic 1 jam WD: Jog Rileks	RABU, 9 Nopember 2005 WU: Jog +Senam banyak M : Lari Abc 30 m 5 pos 5 x Fly 50 m 5 x RI 7' < 5" WD: Peregangan Rileks	MINGGU, 11 Nop 05 Pagi. jogging + Senam lari abc special 40 M (annkling 10m- Marching 15m- Bounding stride 20m – tanpa terputus). Akselerasi 60m 5 x
WU: Jog + Senam banyak M : Awalan 5 langkah TO L. Jauh 7x Irama langkah Awalan 15 langkah L. Jump 5 x Awalan penuh LJ ump 5x /check M WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : Power ex. Rep. 8 4 seri ins. 60-70% (Step up- Power Jerk- TO Machine) + hang leg lift alt. 10 x 3 seri cepat Akselerasi Bdg step 40 m 5 x . WD: Peregangan	WU: Jog 5 keliling + Senam M : St. Broad jump 7X > 3.05m Awalan 15 langkah T J 7X Awalan penuh TJ 5x Penekanan pd Waktu H-S-J Ideal St. 100 m 3 x T: 11.3" WD: Jog Rileks	H: S ; J = 5.50-430-5.50
KAMIS, 10 Nopember 2005 Rest aktif	JUM'AT, 9 Nopember. 2005 WU: Jog + Senam M : Flexibilitas & khusus 30' Akselerasi 20 m 5 x t: 2.5" WD: Jog Rileks	SABTU, 10 November 2005 WU: Jog + Senam M : Power ex. Rep. 8 3 seri int. 80 % (hell Raise-Clean jerk, 1/2 Squat) Diselingi Start jump, split jump, tuck 10x WD: Jog + Senam	
WU: Jog + Senam banyak M : Box & sand exercise 120 x 3 box & alat lain & sand Akselerasi 50 m 5 x int. maks T: 5.95" WD: Jog Rileks	WU: Jog + Senam M : Awalan 3 langkah TO Jump 5x Awalan 3 langkah Step-Jump 5x Awalan 15 langkah T. Jump 5 x Awalan penuh TJ 5 x WD: Jog + Peregangan	Rest Aktif	

PROGRAM LATIHAN LOMPAT MASA KOMPETISI II

Nama Atlet : M. JUNAEDI	L/P	STATUS KONDISI : SPEED AB : 10.42 m/det / -	STRENGTH DINAMIS : ST.B.JUMP : 3.08 m = 96 % >
TB/ BB : 174/ 69 kg		ACC : 8,21 m/det (/ 7,4 M/DET.)	ST.T.JUMP : 10.10/9.90= 110%
DN BASAL :		END : 8,68 m/det (83%)	ST.V.JUMP : <u>80/75 cm</u> = 95%
			TEKNIK : 10 STRIDE TJ 14.30 (;
PERFORM FACT. : 15.25 m - September2005			10 STRIDE: 6.35 m /9.30m/det <

SENIN, 7 Npemberr 2005	SELASA, 8 Nopember 2005	RABU, 9 Nopember 2005	MINGGU, 11 Nop 05
WU: Jog 4 keliling+ Senam M : Lari ABC 5 Pos 30m 5x Akselerasi st. 30 m 7X RI 5' WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : Senam peregangan Calsthenic 1 jam WD: Jog Rileks	WU: Jog +Senam banyak M : Lari Abc 30 m 5 pos 5 x Fly 50 m 5 x RI 7' < 5.21" WD: Peregangan Rileks	Pagi. jogging + Senam lari abc special 40 m annkling 10m- Marching15m- Bounding stride 20m – tanpa terputus). Akselerasi 60m 5 x H: S ; J = 5.40-4.40- 5.60>
WU: Jog + Senam banyak M : Awalan 5 langkah TO hop 5x Awalan 5 langkah Step 5X Awalan 15 langkah Triple Jump 5 x Awalan penuh Triple J 5x /check M Penekanan pada waktu awalan WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : Power ex. Rep.8 4 seri ins. 60-70% (Step up- Power Jerk- TO Machine) + hang leg lift alt. 10 x 3 seri cepat Akselerasi Bdg step 40 m 5 x . WD: Peregangan	WU: Jog 5 keliling + Senam M : St. Broad jump 7X > 3.05m Awalan 15 langkah T J 7X Awalan penuh TJ 5x Penekanan pd Waktu H-S-J Ideal St. 100 m 3 x T: 12.2" WD: Jog Rileks	
KAMIS, 10 Nopember 2005	JUM'AT, 9 Nopember. 2005	SABTU, 10 November 2005	
Rest aktif	WU: Jog + Senam M : Flexibilitas & khusus30' Fly 20 m 5 x t: 2,1" WD: Jog Rileks	WU: Jog + Senam M : Power ex. Rep. 8 3 seri int 75 % (hell Raise-Clean jerk, 1/2 Squat) Diselingi Start jump,split jump,tuck 10x WD: Jog + Senam	
WU: Jog + Senam banyak M : Box & sand exercise 120 x 3 box & alat lain & sand Akselerasi 30 m 5 x int. maks T: 3.7" WD: Jog Rileks	WU: Jog + Senam M : Awalan 3 langkah TO Jump 5x Awalan 3 langkah Step-Jump 5x Awalan 15 langkah T. Jump 5 x Awalan penuh TJ 5 x WD: Jog + Peregangan	Rest Aktif	

PROGRAM LATIHAN LOMPAT MASA KOMPETISI II

Nama Atlet : Doni Susanto
 TB/ BB : 174/ 65 kg
 DN BASAL :

L/P STATUS KONDISI : SPEED AB : **10.75** m/det / - =
 ACC : **8.37** m/det (77.8 %) <
 END : **9.03** m/det (8,55%)

STRENGTH DINAMIS : ST.B.JUMP : 3.04 m = **95 %**>
 ST.T.JUMP : 10.10/9.87= **110%**
 ST.V.JUMP : 80/76 cm = 95% < ?
 10 STRIDE TJ : 14.40m
 10 STRIDE: **6.50 m** /9.30m/det <

TEKNIK :

PERFORM FACT. : 7.20 M/15.02 m - September2005

SENIN, 14 Nopemberr 2005	SELASA, 15 Nopember 2005	RABU, 16Nopember 2005	MINGGU,20 Nop 05
WU: Jog 4 keliling+ Senam M : Lari ABC 5 Pos 30m 5x WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : Senam peregangan Akselerasi 40 m 5 X T : MAX WD: Jog Rileks	WU: Jog +Senam banyak M : Lari Abc 30 m 5 pos 5 x Fly 40 m 5 x RI 7' < 4" WD: Peregangan Rileks	Pagi. jogging + Senam rest aktif
WU: Jog + Senam banyak M : Awalan 5 langkah TO L. Jauh 5x Awalan 15 langkah L. Jump 4 x Awalan penuh LJ ump 5x /check M WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : Power ex. Rep.8 3 seri ins. -70% (Sq.jump- Jerk Press, TO Machine) + hang leg lift alt. 10 x 3 seri cepat Akselerasi Bdg step 30 m 5 x . WD: Peregangan	WU: Jog 5 keliling + Senam M : St. Broad jump 5X > 3.05m Awalan 15 langkah H-S 5X Awalan penuh TJ 5x St. 100 m 3 x T: 11.3" WD: Jog Rileks	H: S ; J = 5.50-430-5.60
KAMIS, 17 Nopember 2005	JUM'AT, 18Nopember. 2005	SABTU, 19 November 2005	
Rest aktif	WU: Jog + Senam M : Flexibilitas & khusus30' Akselerasi 20 m 5 x t: 2.5" WD: Jog Rileks	WU: Jog + Senam M : Max ex. Rep6 3 seri int. 90 % (hell Raise-Clean jerk, 1/2 Squat) Diselingi Start jump,split jump,tuck 10x Akselerasi 30m 5x WD: Jog + Senam	
WU: Jog + Senam banyak M : Awalan pendek step-jump 7x Hop-step 7x Fly 50 m 5 x int. maks T: 5.85" WD: Jog Rileks	WU: Jog + Senam M : Awalan 3 langkah TO Jump 5x Awalan 15 langkah T. Jump 5 x Awalan penuh TJ 5 x Check mark WD: Jog + Peregangan	Rest Aktif	

PROGRAM LATIHAN LOMPAT MASA KOMPETISI II

Nama Atlet : M. JUNAEDI L/P STATUS KONDISI : SPEED AB : **10.42** m/det / - STRENGTH DINAMIS : ST.B.JUMP : 3.08 m = **96 %**>
 TB/ BB : 174/ 69 kg ACC : **8,21** m/det (/ 7,4 M/DET.) ST.T.JUMP : 10.10/9.90= **110%**
 DN BASAL : END : **8,68** m/det (83%) ST.V.JUMP : 80/75 cm = 95%
 PERFORM FACT. : 15.25 m - September2005 TEKNIK : 10 STRIDE TJ 14.30 (;
 10 STRIDE: **6.35 m /9,30m/det** <

<p>SENIN, 14 Npemberr 2005 WU: Jog 4 keliling+ Senam M : Lari ABC 5 Pos 30m 5x WD: Jog & Peregangan</p>	<p>SELASA, 15 Nopember 2005 WU: Jog 5 keliling + Senam M : Senam peregangan Akselerasi 40 m 5X WD: Jog Rileks</p>	<p>RABU, 16 Nopember 2005 WU: Jog +Senam banyak M : Lari Abc 30 m 5 pos 5 x Fly 50 m 5 x RI 7' < 5.21" WD: Peregangan Rileks</p>	<p>MINGGU, 20 Nop 05 Pagi. Rest aktif H: S ; J = 5.40-4.40- 5.60></p>
<p>WU: Jog + Senam banyak M : Awalan 15 langkah Hop-step 5 x Awalan 15 Langkah Step-jump 5X Awalan penuh Triple J 5x /check M WD: Peregangan & Jog ringan</p>	<p>WU: Jog 4 keliling + Peregangan khusus M : Power ex. Rep.8 4 seri ins. 60-70% (Jack Pres Squat J- TO Machine) + hang leg lift alt. 10 x 3 seri cepat Akselerasi Bdg step 30 m 5 x . WD: Peregangan</p>	<p>WU: Jog 5 keliling + Senam M : St. Broad jump 5X > 3.08m Awalan 15 langkah H-S 5X Awalan penuh TJ 4 + 3 Penekanan pd Waktu H-S-J Ideal St. 100 m 3 x T: 12.2" WD: Jog Rileks</p>	
<p>KAMIS, 17 Nopember 2005 Rest aktif</p>	<p>JUM'AT, 18 Nopember. 2005 WU: Jog + Senam M : Flexibilitas & khusus 30' Fly 20 m 5 x t: 2,1" WD: Jog Rileks</p>	<p>SABTU, 19 November 2005 WU: Jog + Senam M : Max ex. Rep6 3 seri int 95 % (hell Raise-Clean jerk, 1/2 Squat) Diselingi Start jump, split jump, tuck 10x Akselerasi 30 m 3x WD: Jog + Senam</p>	
<p>WU: Jog + Senam banyak M : Awalan pendek step-jump 7x Hop- Step 7X Bangku H-S-jump 7X Akselerasi 30 m 5 x int. maks T: 3.7" WD: Jog Rileks</p>	<p>WU: Jog + Senam M : Awalan 3 langkah TO Jump 5x Awalan 15 langkah T. Jump 5 x Awalan penuh TJ 5 x Check mark WD: Jog + Peregangan</p>	<p>Rest Aktif</p>	

**PROGRAM LATIHAN LARI SPRINT GAWANG MASA PERSIAPAN UMUM
MESO 2 MINGGU ! – III BULAN APRIL TAHUN 2007**

Nama Atlet : **ZULKARNAEN PURBA** L/P STATUS KONDISI : SPEED AB : **10.41** m/det / - STRENGTH DINAMIS : 10 ALT.BOUND : 36.86 M
 TB/ BB : 175/ 75kg S. END : **8,90** m/det (/ 7,4 M/DET.) 5 HOP KI/KA : 13.45/13.65 M
 BASAL : SPEC. SPEED END. : **9.15/8.13** m/det T.V.JUMP : **79** cm PERFORM : 175 / 75KG DN
 FACT. : 54.20”(VIET 2006) Indeks 400m dash : TEKNIK : 6 HURDIE ST./INDEX : 28.70’/3.86’

SENIN, April 2007	B. Te/ DTA	SELASA, April 2007	BTe 1/ DTSt	RABU, April 2007	DTA/ B. Con	MINGGU 2007	
WU: Jog 4 keliling+ Senam M : Lari AB C 5 Pos 25 m 5x Peregangan khusus gawang 40’ WD: Jog & Peregangan		WU: Jog 5 keliling + Senam M : Senam peregangan gawang 6 Gw 7x 4 seri Akselerasi toes up di rumput 60 m 7X WD: Jog Rileks		WU: Jog +Senam banyak M : Akselerasi diagonal di rumput 13’x3 RI 3 -6 ‘ WD: Peregangan Rileks		Pagi. Rest aktif atau aktivitas olahraga lain termasuk renang	
WU: Jog + Senam banyak M : lari diagonal dengsn 4 gawang 6’x 5 seri RI DN 120 DN KERJA 160 WD: Peregangan & Jog ringan		WU: Jog 4 keliling + Peregangan khusus M : Circuit ex. Rep10 4 seri ins.-75 - 80% (leg Pres, Bench P,Leg Curl, ½ Squat leg ext.) di selingi dg gerak aktif Akselerasi Bdg step 60 m 7 X WD: Peregangan		WU: Jog 5 keliling + Senam M : stabilisasi aktif dan pasif 20 hitungan 5 pos & jogging sebanding waktu pos WD: Jog Rileks			
KAMIS, April 2007	DT An	JUM’AT, April 2007	M.St/ Mob.	SABTU, April 2007	B.Sp/ DTA		
WU : Jog rileks & peregangan khusus M : ins & outs . 150 m-50m 3x 3 seri RI 3-5 menit WD : peregangan		WU: Jog + Senam M : Max ex. Rep 6 3 seri int 90 - 95% (Hell Raise- press up, F. Squat, leg Ext, Clean & jerk, Leg curl.) Diselingi Start jump,split jump,tuck 10x Akselerasi 50 m 7x WD : rilkesasi		WU: Jog + Senam M : Lari ABC 30 M 5pos 7X (Skipping, Marching, pop ing, but Kick, Alt. Leg Bounding) Akselerasi toe up 50 m 7 X WD: Jog + Senam			
REST AKTIF		WU: Jog + Senam M : Senam gawang & mobilitas 20 pos rep 20 3 - 5 seri WD: Jog + Peregangan		Fartleks 40 m dengan pola akselerasi dan deselerasi			

**PROGRAM LATIHAN LARI SPRINT GAWANG MASA PERSIAPAN UMUM
MESO 2 MINGGU III-IV BULAN APRIL TAHUN 2007**

Nama Atlet : **ZULKARNAEN PURBA** L/P STATUS KONDISI : SPEED AB : **10.41** m/det / - STRENGTH DINAMIS :10 ALT.BOUND : 36.86 M
 TB/ BB : 175/ 77 kg S. END : **8,90** m/det (/ 7,4 M/DET.) 5 HOP KI/KA : 13.45/13.65M
 BASAL : MAKS ST.LEG/ARM : 175 / 75KG DN
 SPEC. SPEED END. : **9.15/8.13** m/det T.V.JUMP : **79** cm
 PERFORM FACT . : 54.20 "(VIET 2006) Indeks 400m dash : TEKNIK : 6 HURDIE ST./ INDEX : 28.70'/3.86'

SENIN, 16/23 April 2007	B. Te/ DTA	SELASA, 17/24 April 007	B.Te 1/ Dt.St	RABU, 18 April 2007	DTA/ B. Con	MINGGU 2007
WU: Jog 4 keliling+ Senam M : Lari AB C 5 Pos 25 m 5x Peregangan khusus gawang 40' WD: Jog & Peregangan		WU: Jog 5 keliling + Senam M : Senam peregangan gawang 6 Gw 7x 4 seri Akselerasi Toes up di rumput 50 m 7X WD: Jog Rileks		WU: Jog +Senam banyak M : Akselerasi diagonal di rumput 12'x3 RI 3 -6 ' DN kerja 165 WD: Peregangan Rileks		Pagi. Rest aktif atau renang
WU: Jog + Senam banyak M : lari diagonal dengsn 4 gawang 6'x 4seri RI DN 120 DN KERJA 160 WD: Peregangan & Jog ringan		WU: Jog 4 keliling + Peregangan khusus M : Circuit ex. Rep10 4 seri ins.-75 - 80% (leg Pres, Bench P,Leg Curl, ½ Squat leg ext.) di selingi dg gerak aktif Akselerasi 60 m 7 X WD: Peregangan		WU: Jog 5 keliling + Senam M : stabilisasi aktif dan pasif 20 hitungan 5 pos & jogging sebanding waktu pos WD: Jog Rileks		
KAMIS, 19 April 2007	DT An	JUM'AT, 20 April 2007	M.St/ Mob.	SABTU, 21 April 2007	B.Sp / DTA	
WU : Jog rileks & peregangan khusus M : Ins & outs . 100 m-100m 3x 3 seri RI 3-5 menit WD : peregangan		WU: Jog + Senam M : Max ex. Rep 6 3 seri int 90 - 95% (Hell Raise- press up, F. Squat, leg Ext, Leg curl.) Di selingi akselerasi 30 m tiap pos Jog rileks WD : rilkesasi		WU: Jog + Senam M : Lari ABC 30 M 5pos 7X (Skiping, Marching, pop ing, but Kick, Alt. Leg Bounding) Akselerasi toe up 80 m 5 X WD: Jog + Senam		
REST AKTIF		WU: Jog + Senam M : Senam & mobilitas 20 pos cepat rep 20 4 seri WD: Jog + Peregangan		Fartleks 40 ' dengan pola akselerasi, deselerasi dan jog		

**PROGRAM LATIHAN LOMPAT HORIZONTAL PERSIAPAN KHUSUS
MESO IV TAHUN 2007**

Nama Atlet : Rini Susanti
TB/ BB : 167/ 58 kg
DN BASAL :

L/P STATUS KONDISI : SPEED AB : 8.7 m/det (>)
ACC SP : 7.20 m/det (87%)
SPEED END : 7.6 m/det (85%)

STRENGTH DINAMIS : ST.B.JUMP : 2.66 m= 88% (3.0m)
ST.T.JUMP : 8.24/804 m=90% (9m)
ST.V.JUMP : 61 cm=77% (70cm)

TEKNIK : 5 STRIDE : 4.65m (1.40 = 7.1 m/det
10 STRIDE: 5.28 (1.36"= 7.3 m/det (83%)

SENIN, APRIL 2007	SELASA, APRIL 2007	RABU, APRIL 2007	MINGGU, APRIL 05
WU: Jog 4 keliling+ Senam M : Lari ABC 5 Pos 25m 7x POP UP 30m 5x WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : senam peregangan Imitasi TO ke dinding 20X Awalan 3 langkah irama TO 20 X WD: Jog Rileks	WU: Senam banyak M : Stabilisasi khusus lompat 20 & 20" WD: Peregangan + Jog Rileks	<ul style="list-style-type: none"> Rest/ Joging + Senam
WU: Jog + Senam banyak M : St. L Jump - 10x Awalan 12 langkah (last 2 stride)TO 7x Awalan pendek L.J(12 stride) 7x WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : 5 Pos 8 rep 4 set intensitas 75% (P.Clean,Incline Press, F. Squat, H.Raise,Step Split) Akselerasi Faling start 30m 7x WD: Peregangan	WU: Jog 5 keliling + Senam M : Fly 50m - 5x RI 3'-5' int max. t : < 7" Fly 100m - 5x RI 5' t : < 12,7 Rest/ Set 10' WD: Jog Rileks	
KAMIS, APRIL 2007	JUM'AT, APRIL 2007	SABTU, APRIL 2007	
WU: Jog + Senam M : Lari ABC 5 macam 25 M 5 X di lakukan cepat Akselerasi cepat 20m 7 x WD: Jog + Peregangan	WU: Jog + Senam M : Flexibilitas & Senam khusus 30' WD: Jog Rileks	WU: Jog + Senam M : Pyramid Set .4 POS (-10/50-10/60- 10/70-10/80- 10/60) (H.Raise,P.Clean,Squat Jump,S.Jump) Lari kijang 40m 7x Penguatan perut 4 set 15 x WD: Jog + Senam	
WU: Jog + Senam M : Box Exercise pendek 200x (side step, 2 fast side, step up) berakhir di pasir Kijang Vertikal 30m 5x Akselerasi kijang 30 m 5X WD: Jog Rileks	WU: Jog + Senam M : 3 spring jump 10x Awalan 12 langkah H-S 7 x Awalan langkah T.J 5 x Akselerasi 50m 7x WD: Jog + Peregangan		

PROGRAM LATIHAN LOMPAT VERTIKAL PERSIAPAN KHUSUS

MESO IV APRIL 2007

Nama Atlet : Reni Devi L/P STATUS KONDISI : SPEED AB : 8,1 m/det STRENGTH DINAMIS : ST.B.JUMP : 2,31 m
 TB/ BB : / kg ACC : 6,6 m/det ST.T.JUMP : 7.30/7.29 M
 DN BASAL : END : 7.2 m/det ST.V.JUMP : 58/57 CM
 TEKNIK S. Flopt : 130 cm

<p>SENIN, JUNI 2007</p> <p>WU: Jog 4 keliling+ Senam M : Lari ABC 5 Pos 25 m 7 X Pop Up 30 m 7 X akselerasi WD: Jog +Rileks</p> <p>WU: Jog + Senam banyak M : St. Flopt (125-) 15 X Awalan pendek 3 langkah 145 cm 7x Awalan penuh menikung TO 7x maks Ins&outs (50m-50m-50m 50m) 5x WD: Peregangan & Jog ringan</p> <p>KAMIS, Mei 2007</p> <p>WU: Jog + Senam M : Lari abc 5 macam 25 m 5 x cepat akselerasi cepat WD: Peregangan</p> <p>WU: Jog + Senam M : Box Exercise 200x (4 pos) POpUp Cepat 40- 50 X Kijang vertical 30 -40 m 5x WD: Jog Rileks</p>	<p>SELASA, JUNI 2007</p> <p>WU: Jog 5 keliling + Senam M : Lari ABC dengan 5 variasi jarak 20m masing-masing 5x TO Imitasi di gawang zigzag 30 X WD: Jog Rileks</p> <p>WU: Jog 4 keliling + Peregangan khusus M : : 5Pos 8 rep 4 set intensitas 70-80% (P.Clean, Jack press, H.Raise, Clean&jerk, Step Up,) Akselerasi menikung 30m 6 X WD: Peregangan</p> <p>JUM'AT, APRIL 2007</p> <p>WU: Jog + Senam M : Flexibilitas & senam khusus 30' WD: Jog Rileks</p> <p>WU: Jog + Senam M : Awalan 3 langkh flopt 135 cm 15x Awalan 7 langkah lompat duduk 10x Akselerasi kijang menikung 50m 7x WD: Jog + Peregangan</p>	<p>RABU, Mei 2007</p> <p>WU: Jog + Senam M : stabilisasi khusus lompat 20 & 20 Fly 20 m 7 x WD: Jog Rileks</p> <p>WU: Jog 5 keliling + Senam M : Double leg flopt 140-145cm 10x Awalan 5 langkah 7x 1.45 cm Awalan penuh gaya gunting 5x Fly 30m 7x WD: Jog Rileks</p> <p>SABTU, APRIL 2007</p> <p>WU: Jog + Senam M : Pyramid Set 4 Pos (7/60-7/70-7/80- -760) (.Squat jump,jack Press, jerk, Step Up) Lari kijang 40m 7x WD: Jog 15'</p> <p>• Rest/ rileksasi</p>	<p>MINGGU, APRIL 07</p> <p>• Rest/ Joging + Senam</p>
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**PROGRAM LATIHAN LOMPAT HORIZONTAL PERSIAPAN KHUSUS
MESO II TAHUN 2008**

Nama Atlet : L/P STATUS KONDISI : SPEED AB : /det (>) STRENGTH DINAMIS : ST.B.JUMP : m)
 TB/ BB : kg ACC SP : m/det (87%) ST.T.JUMP : m= m)
 DN BASAL : SPEED END : 7.6 m/det (85%) ST.V.JUMP : cm= cm)
 TEKNIK : 5 STRIDE : m/det
 10 STRIDE: m/det (

SENIN, 3/10/17 MARET 2008	SELASA, 4/11/18 MARET 2008	RABU, 5/12/ 19 MARET 2008	MINGGU, MARET 08
WU: Jog 4 keliling+ Senam M : Lari ABC 4 Pos 20 m 5x Akselerasi Pop Up 30 m 7x WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : senam stabilisasi lompat Imitasi TO 20X Lari akselerasi 20m 5 X WD: Jog Rileks	Rest aktif	<ul style="list-style-type: none"> • Permainan conditioning 50 • Rest Aktif
WU: Jog + Senam banyak M : St. L Jump - 10x Awalan 10 langkah TO 7 x Posisi TO diperhatikan WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : 5 Pos 4 set intensitas 70/10,80/5,90/5,95 (P.Clean, Incline Press, F. Squat, H.Raise,Step Split) & stabilisasi pusat Akselerasi Faling start 30m 7x WD: Peregangan	WU: Jog 5 keliling + Senam M : St 80m – 3 x RI 3’-5’ int max. t : St. 60 m- 5x RI 5’ t St. 40 m – 7x RI 5’ t Rest/ Set 7’ WD: Jog Rileks	
KAMIS, 6/13/20 MARET 2008	JUM’AT, 7/14/21 MARET 2008	SABTU, 8/15/ 22/ MARET 2008	
WU: Jog + Senam M : Lari ABC 5 macam 25 M , diselingi Stabilisasi tiap pos 30’ tahan 20’ Akselerasi cepat 20m 5 x WD: Jog + Peregangan	WU: Jog + Senam M : lari ABC khusus centering 4pos 20 m 5x Fly 30 m 5 x WD: Jog Rileks	WU: Jog + Senam M : 5 Pos 4 set intensitas 70/10,80/5,90/5,95 (P.Clean, Incline Press, F. Squat, H.Raise,Step Split) & stabilisasi pusat Akselerasi Fall 50 m 7 x WD: Jog + Senam	
WU: Jog + Senam M : Box Exercise pendek 200x Kijang Vertikal 30m 5x Akselerasi kijang 30 m 5X WD: Jog Rileks	WU: Jog + Senam M : 3 spring jump 12x Awalan 12 langkah To melayang 7 x Akselerasi 50m 7x WD: Jog + Peregangan	Rest aktif	

Nama Atlet : Marion P L/P STATUS KONDISI : SPEED AB : m/det STRENGTH DINAMIS : ST.B.JUMP :
 TB/ BB : / kg ACC : m/det ST.T.JUMP :
 DN BASAL : END : m/det ST.V.JUMP :

TEKNIK :

SENIN, JUNI 2004	SELASA, JUNI 2004	RABU, JUNI 2004	MINGGU, JUNI 2004
<p>WU: Jog 4 keliling+ Senam M : WD: Jog +Rileks</p>	<p>WU: Jog 5 keliling + Senam M : 6 Pos 10 rep 4 set intensitas 70-80% (P.Clean, Jack press, Incline, H.Raise, Clean&jerk Step Up,) St. Shot Put 20x Awalan penuh 10x WD: Jog Rileks</p>	<p>WU: Jog + Senam M : Senam gawang Ins&outs GW 20 menit 2 seri WD: Jog + peregangan</p>	<ul style="list-style-type: none"> Rest/ Joging + Senam
<p>WU: Jog + Senam banyak M : St. Flopt (120 -5x)(125-3x)(130-3x) Awalan penuh menikung TO 7x Awalan 5 langkah 7x (145cm) Ins&outs (100-200-100) 5x WD: Peregangan & Jog ringan</p>	<p>WU: Jog 4 keliling + Peregangan khusus M : Start Block 60m - 5x 120m - 5x WD: Peregangan</p>	<p>WU: Jog 5 keliling + Senam M : 3 langkah menikung 90% 10x Awalan penuh 95% 7x Fly 30m 7x WD: Jog Rileks</p>	
<p>KAMIS, JUNI 2004</p>	<p>JUM'AT, JUNI 2004</p>	<p>SABTU, JUNI 2004</p>	
<p>WU: Jog + Senam M : Lempar tajam 30x Awalan pendek 10x Bounding Exercise 200x WD: Jog + Peregangan</p>	<p>WU: Jog + Senam M : Flexibilitas & senam khusus 30' WD: Jog Rileks</p>	<p>WU: Jog + Senam M : Pyramid Set 4 POS (7/70-5/80-3/90-1/100-3/90-5/80-7/70) (H.Squat, Bench Press, Clean&jerk, Step Up) 2 seri Lari kijang 40m 7x WD: Jog 15'</p>	
<p>WU: Jog + Senam M : Start block 30m 7x Start block 60m 7x WD: Jog Rileks</p>	<p>WU: Jog + Senam M : St.B.Jump 10x Awalan pendek TO 10x Awalan 10 langkah L.J 7x Akselerasi 50m 7x WD: Jog + Peregangan</p>	<ul style="list-style-type: none"> Rest/ rileksasi 	

**RANCANGAN PROGRAM LATIHAN LARI GAWANG 400 M
PRAKOMPETISI AGUSTUS 2007**

HARI	TGL	PAGI	SORE	CATATAN
SE SL RB KMS JMT SBT MG	6/08 7/08 8/08 9/08 10/08 11/08 12/08	SPEED PUNCIING STRENGTH TR MED BALL/ PLYOM STRENGTH TR REST ABC GAWANG REST	2 (5 X 200 M), 5 Fly 150 M 5 X STARTBLOK 3 GW, 5 X250M 90% 3 X 300M, 3 X 200 M SPLIT SPEED 4 X 250 ACC, 6 X 100 M FULL ACC. 3 X ST.BLOK 6 GAWANG, 5X 200 M 95% REST JOG 30 MENIT DN 140-160	
SE SL RB KMS JMT SBT MG	13/08 14/03 15/08 16/08 17/08 18/08 19/08	CIRCUIT 3 & STRECHING STRENGTH TR ABC GAWANG TINGGI STRENGTH TR. POOL SESION REST JOG & STRIDE 25 ‘	6X 250 M 95% RI JALAN < 2’ 5 X 200M(95%LRS-85% TKNG),2X300 80% 5 X (150M – 100 M- 50 M) 3X 200M, 2 X200M, 1 X 400 M TIME TRIAL 8 GAWANG/ 400M REST REST	
SE SL RB KMS JMT SBT MG	20/08 21/08 22/08 23/08 24/08 25/08 26/08	MED.BALL/ PLYOMETRIK STRENGTH TR. SPEED PUNCHING SESION POOL SESION REST TEST 300M GAWANG REST	7 X200M 90%, 4 X 150M (INS &OUT) 3 (5 X 100M St.Blok), 2 x 250 m 3 (200 STRI-200 RUN, 100 STRIDE 300 RUN) 5 (200M - STR-FAST). TEST 300M REST REST	
SE SL RB KMS JMT SBT MG	27/08 28/08 29/08 30/08 31/08 01/09 02/09	MED BALL/PLYO STRENGTH TR. SPEED PUNCHING STRENGTH TR. POOL SESSION TIME TRIAL REST	5 X ST.BLOK 3 GW, 3X ST. 5 GW, F R 5X100M, 3 X 150 M, 1 X 300 M. TIME TRIAL 400 M / 200 M REST SPEED PUNCHING SESSION 100,200, 300, 400M, 500M RI JALAN. REST	
SE SL RB KMS JMT SBT MG	03/09 04/09 05/09 06/09 07/09 08/09 09/09	REST REST KEJURNAS 2007	500-400-300-200- 100- R I Jalan 5 (200 M), 7 (100 m) acceleration	

**PERENCANAAN PROGRAM LATIHAN LOMPAT HORIZONTAL
MASA PERSIAPAN KHUSUS/ OKTOBER 2007**

HARI	TGL	PAGI	SORE	CATATAN
SE	1/10	Rex/Rest	DTAn intensitas 85%, 5 x Fly 100 M	
SL	2/10	Flex/ Abc run 4Pos 20m 5 seri	Max.St. Blok 2 (LB)	
RB	3/10	Stretching /Masagge	Speed Acc. + Teknik bagian TJ	
KMS	4/10	Rest	Max St. Blok 2 (UB)	
JMT	5/10	Abc run / akselerasi mechanic	Teknik bag. L j + DTan 1. int. 85%	
SBT	6/10	Rest	Lari dg tahanan (Harness Run)	
MG	7/10	Rest	Jog 30 menit / broken set DN 140-160	
SE	8/10	Rec/ Rest	DT an . 1 Int. 85% ,7x 100m RI 50m Jalan	
SL	9/10	Senam khusus	Max. St. Blok 3 (UB)	
RB	10/10	Flexs.	Teknik + Speed Sp. (Chek Mark)	
KMS	11/10	Rest aktif	Max. St. Blok 3 (LB)	
JMT	12/10	Senam Khusus	Teknik LJ + Sp. Speed (tes Trial)	
SBT	13/10	Rest	Lari Tahanan / Towing	
MG	14/10	Rest aktif	Jog & Stride 12 ' 3 set.	
SE	15/10	Rest	Rest aktif	
SL	16/10	Max. St. blok 3..	Speed Acc. & Speed. Punching	
RB	17/10	Abc Lompat /	Teknik khusus (Step-Jump TJ)+ Speed St.	
KMS	18/10	Power St.Blok 4	Dtan . Sp. Speed ex.	
JMT	19/10	Rest aktif	Teknik Khusus (Pre TO LJ)	
SBT	20/10	Time trial / Parameter	Rest	
MG	21/10	Rest	Ins & outs (20-20-20) 7 x RI 7' 95%-80%	
SE	22/10	Med.Ball/Plyo.	Teknik /check mark awalan	
SL	23/10	Rest	Teknik bagian / mendarat	
RB	24/10	Speed Punching	Time trial	
KMS	25/10	Kompetisi	Kompetisis	
JMT	26/10	Kompetisis	Kompetisi	
SBT	27/10	Dtan (Lari tahanan)	Flex. /	
MG	28/10	Rest	Jog & Stride 15' 3 seri	
SE	29/10	Abc Run & Acc.	Teknik bag. LJ & Speed St.	
SL	30/10	Power Sp.	Speed Ex. 60 m Acc. x 5 RI 7'	
RB	31/10	Rest aktif/Fle Sp.	Teknik Bag./ TJ & Speed St.	
KMS	01/11	Med.Ball/ Plyo.	Seanam khusus	
JMT	02/11	Abc run & Rileksasi	Tes trial / Parameter	
SBT	03/11	Tes Trial	Rest	
MG	04/10	Rest aktif	Ins & Outs (20m-30m-20m-30m) 5 x RI 8'	

Jakarta, 25 September 2007
Pelatih,

Drs. Eka Nugraha, M Kes

**RANCANGAN PROGRAM LATIHAN LARI GAWANG 400 M
MASA PERSIAPAN KHUSUS OKTOBER/NOVEMBER 2007**

HARI	TGL	PAGI	SORE	CATATAN
SE SL RB KMS JMT SBT MG	12/11 13/11 14/11 15/11 16/11 17/11 18/11	REST/MASAGE ABC RUN 4 MACAM 25 M 5 X PLYOM/ ALT.BOUNDING 100 M x 7 RECOVERY POOL SESSION ABC GAWANG REST	2 (3X 300 M), RI JOG ,Fly 150 M X2 RI JALAN STRENGTH TR (ST. 300 M IN. 85% ,START BLOK 5 GW,) 3X WALK BACK STRENGTH TR. 4 X 250 ACC, JOG. 6 X 100 M FULL ACC. 95% 3 X ST.BLOK 7 GAWANG RI 12', 4 X 200 M 95% RI JALAN JOG 30 MENIT DN 140-160	
SE SL RB KMS JMT SBT MG	19/11 20/11 21/11 22/11 23/11 24/11 25/11	CIRCUIT PLYOMETRIK MASAGE/RELAKSAS BROKEN SET HURDL. 4 G/ 6 GW/8 GW REST / POOL SESION HARNES RUN/TOWING JOG & STRIDE 25 ' REST	2 (3X 300 M), RI JOG ,Fly 150 M KIJANG CEPAT 2X POWER TR. 2 SET 5 /90%, 3/95%. PLYO COMBO. 2 SET 100 M 85%-95% 50 M WALK BACK . MED .BALL/ PLYO COMBO. START BLOK. 8 GW.90%, 6 GW 95%, 5 GW 90% RI 5 -7 ' RILEKSASI / MASAG REST AKTIF	
SE SL RB KMS JMT SBT MG	26/11 27/11 28/11 29/11 30/11 01/12 02/12	SPEED PUNCHING SESION MASAGE/RELAKSASI BROKEN SET HURDLE 4G/6 GW/8 GW REST / POOL SESION TIME TRIAL 300M REST REST	7 X200M 90%, 4 X 150M (INS &OUT) 3 (5 X 100M St.Blok), 2 x 250 m 3 (200 STRI-200 RUN, 100 STRIDE 300 RUN) ST. 5 GAWANG 3 x, St. 200 M 95 % RI PULIH TIME TRIAL 300M GAWANG. REST REST	
SE SL RB KMS JMT SBT MG	03/12 04/12 05/12 06/12 07/12 08/12 09/12	MED BALL/PLYO REST/ SPEED PUNCHING REST AKTIV POOL SESSION TRY OUT TRY OUT	4 X ST.BLOK 5 GW, 2 X ST. 5 GW, STRENGTH TR. 5X100M, 3 X 150 M, 1 X 300 M. TIME TRIAL 400 M / 200 M REST TRY OUT TRY OUT	

**PROGRAM LATIHAN LOMPAT HORIZONTAL PERSIAPAN KHUSUS
MESO 4 TAHUN 2008**

Nama Atlet : Rini Susanti L/P STATUS KONDISI : SPEED AB : 8.77-8.67 m /det (>) STRENGTH DINAMIS :ST.B.JUMP : 2.75-2.57 m)
 TB/BB : 168/ 58 cm/ kg ACC SP : 7.28- 7.28 m/det (89%) ST.T.JUMP : 8.70/8.39 - 8.60/829m
 DN BASAL : SPEED END : 7.7-7.48 m/det (89%) ST.V.JUMP : 61/54 -58/51 cm)
 TEKNIK : 5 STRIDE : 4.70 (6m//dt)-4.52m (5.5) m/det
 10 STRIDE: 5.30 (6.49m/dt) – 4.90 (6.45 m/det)

<p>SENIN, 14/21/28 April 2008</p> <p>WU: Jog 4 keliling+ Senam M : Lari ABC 4 Pos 20 m 5x Akselerasi kijang 30 m 7x WD: Jog & Peregangan</p>	<p>SELASA, 15/22/29 April 2008</p> <p>WU: Jog 5 keliling + Senam M : senam stabilisasi lompat Imitasi TO 20X Fly 30m 5 X WD: Jog Rileks</p>	<p>RABU, 16/23/30 April 2008</p> <p style="text-align: center;">Rest aktif</p>	<p>MINGGU, April 08</p> <ul style="list-style-type: none"> • Permainan conditioning 50 • Rest Aktif
<p>WU: Jog + Senam banyak M : St. TO Step - 5x Awalan 10 langkah Hop-Step 7 x Awalan 10 TJ (ryhtm Time) 5 x 3 x100 m (50m jog RI) int.85% WD: Peregangan & Jog ringan</p>	<p>WU: Jog 4 keliling + Peregangan khusus M : 5 Pos 4 set intensitas 90/5,90/5,95/3,95/3 (.Clean full,Becnh Press, F. Squat, single leg.Raise,Step Split) & core rot./pike FB, FB back ext., chin up,leg ext. FB sit up fast, Punch sprint 30” 3 seri. Akselerasi Faling start 30m 5x WD: jog & Peregangan</p>	<p>WU: Jog 5 keliling + Senam M : awalan 10 st. TO & hang 7x `Awalan 12st. TO+ ringtangan 7x Awalan 15 LJump 5 X (C mark) 6 x 80 m int 95 % RI jogback 4 /walk 2 WD: Jog Rileks</p>	
<p>KAMIS,10//17/24 April 2008</p> <p>WU: Jog + Senam M : Lari ABC 5 macam 25 M , diselingi Stabilisasi tiap pos 30’ tahan 20’ Akselerasi cepat 20m 5 x WD: Jog + Peregangan</p>	<p>JUM’AT, 11/18/25 April 2008</p> <p>WU: Jog + Senam M : lari ABC khusus centering 4pos 20 m 5x Fly 30 m 75 x WD: Jog Rileks</p>	<p>SABTU, 12/19/ 26 April 2008</p> <p>WU: Jog + Senam M : Harness run 2 (4 x 50m) Akseleras kijang cepat 50 m 7 x Akselerasi 50 m full 5 x WD: Jog + Senam</p>	
<p>WU: Jog + Senam M : 5 pos 4 set intensitas 75/10,85/7,90/5,90 Sama dengan selasa,intensitas & rep beda Akselerasi kijang 30 m 5X WD: Jog Rileks dan peregangan</p>	<p>WU: Jog + Senam M : 3 spring jump + mendarat 5 -7 x Awalan 15 langkah TO +jump 7 x (check mark awalan penuh 3 terakhir) Akselerasi 3& 2 (120m int. 80%)RI jog & 120 m int.95%. RI jalan WD: Jog + Peregangan</p>	<p>Rest aktif</p>	

PROGRAM LATIHAN LOMPAT HORIZONTAL PERSIAPAN KHUSUS

MESO 4 TAHUN 2008

Nama Atlet : Insan Hadi K	L/P	STATUS KONDISI : SPEED AB : 10.40-	m /det (>)	STRENGTH DINAMIS :ST.B.JUMP : 2.99-	m)
TB/ BB :	cm / kg	ACC SP : 7.95 -	m/det (75 %)<	ST.T.JUMP : 8.83/8.84 -	cm
DN BASAL :		SPEED END : 8.82 -	m/det (84%)	ST.V.JUMP : 70/65-	cm)
		TEKNIK : 5 STRIDE : 5.50 (6m//dt)-		m () m/det	
		10 STRIDE: 6.20 (8,6m/dt) –		(m/det)	

SENIN, 14/21/28 April 2008	SELASA, 15/22/29 April 2008	RABU, 16/23/30 April 2008	MINGGU, April 08
WU: Jog 4 keliling+ Senam M : Lari ABC 4 Pos 20 m 5x Akselerasi kijang 50 m 7x WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : senam stabilisasi lompat Imitasi TO 20X Akselerasi 30m 5 X WD: Jog Rileks	Rest aktif	<ul style="list-style-type: none"> • Permainan conditioning 50/ dikolam renang • Rest Aktif
WU: Jog + Senam banyak M : St. TO Step - 5x Awalan 10 langkah Step- jump 7 x Awalan 10 (ryhtm Time last stride) 5 x 3 x150 m (50m jog RI) int.85% WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : 5 Pos 4 set intensitas 75/10,85/5,90/5,95 (.Clean full,Becnh Press, F. Squat, H.Raise,Step Split) & core rot./pike FB,back ext., chin up,leg ext. Akselerasi Faling start 30m 5x WD: jog & Peregangan	WU: Jog 5 keliling + Senam M : Awalan pendek TO & hang 7x `Awalan TO+ 7x irama last 3 strid. Awalan pendek LJ 5 X 6 x 80 m int 90% RI jogback WD: Jog Rileks	
KAMIS,10//17/24 April 2008	JUM'AT, 11/18/25 April 2008	SABTU, 12/19/ 26 April 2008	
WU: Jog + Senam M : Lari ABC 5 macam 25 M , diselingi Stabilisasi tiap pos 30' tahan 20' St. 3 titik 25m 5 x WD: Jog + Peregangan	WU: Jog + Senam M : lari ABC khusus centering 4pos 20 m 5x Fly 30 m 5 x WD: Jog Rileks	WU: Jog + Senam M : Harness run 2 (4 x 50m) Start 3 ttk Akselerasi 50 m 7 x WD: Jog + Senam	
WU: Jog + Senam M : 5 pos 4 set intensitas 75/10,85/7,90/5,90 Sama dengan selasa, Akselerasi kijang 30 m 5X WD: Jog Rileks dan peregangan	WU: Jog + Senam M : 3 spring jump + mendarat -7 x Awalan 12 langkah TO +jump 7 x Akselerasi 3& 2 (150m int. 80%) & 150 m int.95%. WD: Jog + Peregangan	Rest aktif	

**PROGRAM LATIHAN LOMPAT VERTIKAL PERSIAPAN KHUSUS
MESO 4 APRIL TAHUN 2008**

Nama Atlet : Ika Puspa Dewi L/P
TB/ BB : 165/ 56 cm/ kg
DN BASAL :

STATUS KONDISI : SPEED AB : 8,59-8.22m /det (>) STRENGTH DINAMIS ST.B.JUMP : 2.50- 2.33 m)
ACC SP : 7.11- 7,10 m/det (87%) ST.T.JUMP : 8/7.76- 7.70/7.71 m)
SPEED END : 7.6 m/det (85%) ST.V.JUMP : 1.20 cm- cm) <
TEKNIK : 5 STRIDE : m/det
10 STRIDE: 4,95m (6.99 m/det)

SENIN, 3/10/17 MARET 2008	SELASA, 4/11/18 MARET 2008	RABU, 5/12/ 19 MARET 2008	MINGGU, MARET 08
WU: Jog 4 keliling+ Senam M : Lari ABC 4 Pos 20 m 5x Akselerasi Pop Up 30 m 7x WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : senam stabilisasi lompat Imitasi TO gawang zigzag 40 X Akselerasi menikung 20m 5 X WD: Jog Rileks	Rst aktif	<ul style="list-style-type: none"> • Permainan conditioning 50 • Rest Aktif
WU: Jog + Senam banyak M : St Flopt 120cm 10 -12 x Awalan lurus 1.45cm 10 x Awalan menikung L. Tegak 5x : St. 100 m- (50m jalan RI) 5x int.90 % WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : 5 Pos 4 set intensitas 75/10,85/5,90/5,95 (.Clean full,Becnh Press, F. Squat, H.Raise,Step Split) & core rot./pike FB,back ext., chin up,leg ext. Akselerasi Faling start 30m 7x WD: Peregangan	WU: Jog 5 keliling + Senam M : Duoble flopt 130 cm 10 x Awalan 5 langkah L. duduk 10x Awalan 5 Lompat utuh 3- 5 x Lari 5 x 60 m int. 90% WD: Jog Rileks	
KAMIS, 6/13/20 MARET 2008	JUM'AT, 7/14/21 MARET 2008	SABTU, 8/15/ 22/ MARET 2008	
WU: Jog + Senam M : Lari ABC 5 macam 20 M , diselingi Stabilisasi tiap pos 30' tahan 20' Akselerasi menikung 25 m 5 x WD: Jog + Peregangan	WU: Jog + Senam M : lari ABC khusus centering 4pos 20 m 5x Akselerasi 30 m 5 x WD: Jog Rileks	WU: Jog + Senam M : 5 Pos 4 set intensitas 70/10,80/5,90/5,95 (P.Clean, Incline Press, F. Squat, H.Raise,Step Split) & stabilisasi pusat Akselerasi Fall 50 m 7 x WD: Jog + Senam	
WU: Jog + Senam M : WU: Jog 4 keliling + Peregangan khusus M : 5 Pos 4 set intensitas 75/10,85/5,90/5,95 (.Clean full,Becnh Press, F. Squat, H.Raise,Step Split) & core rot./pike FB,back ext., chin up,leg ext. Akselerasi Faling start 30m 7x WD: Peregangan & Jog rileks	WU: Jog + Senam M : 3 spring jump + mendarat -7 x Awalan 12 langkah TO +jump 7 x Akselerasi 3& 2 (150m int. 80%) & 150 m int.95%. WD: Jog + Peregangan	Rest aktif	

**PROGRAM LATIHAN SAPTA LOMBA PERSIAPAN KHUSUS
MESO 4 APRIL TAHUN 2008**

Nama Atlet : Reni Devi R L/P
TB/ BB : 168/ 58 cm / kg
DN BASAL :

STATUS KONDISI : SPEED AB : **7,73** m /det (<) STRENGTH DINAMIS :ST.B.JUMP : **2.40-** m)
ACC SP : **7.07-** m/det () ST.T.JUMP : **7,38/7.10** - m
SPEED END : **7.07-** m/det (%) ST.V.JUMP : **60/58** cm)
TEKNIK : 10 STRIDE : **4.70** (5,4 6m/dt)- m/det
ST. Flopt : cm , Shoken F/B : / m

SENIN, 14/21/28 April 2008	SELASA, 15/22/29 April 2008	RABU, 16/23/30 April 2008	MINGGU, April 08
WU: Jog 4 keliling+ Senam M : Lari ABC gw 4 Pos 5x St 3 ttk. 3 gawang 5x Akselerasi 30 m 5x WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : senam stabilisasi umum Imitasi TO zigzag gw. 40X Lari menikung 30m 5 X WD: Jog Rileks	WU : Jog 5 kel & senam khusus M : Shoken F/B masing 15 X St. Throw peluru 7 X WD : Jog ringan & peregangan	<ul style="list-style-type: none"> • Permainan jog /stride pakai gawang rendah 4 gw 20menit . • Rest Aktif
WU: Jog + Senam banyak M : St Flopt 120cm 10 -12 x Awalan lurus 1.45cm 10 x Awalan menikung L. Tegak 5x : St. 150 m- (50m jalan RI) 5x int.85 % WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : 5 Pos 4 set intensitas 75/10,85/5,90/5,95 (.Clean full,Becnh Press, F. Squat, H.Raise,Step Split) & core rot./pike FB,back ext., chin up,leg ext. Akselerasi Faling start 30m 5x WD: jog & Peregangan	WU: Jog 5 keliling + Senam M : awalan pendek TO & hang 7x Awalan TO+ ringtangan 7x Awalan pendek LJ 5 X 6 x 100 m int 90% RI jogback WD: Jog Rileks	
KAMIS,10//17/24 April 2008	JUM'AT, 11/18/25 April 2008	SABTU, 12/19/ 26 April 2008	
WU: Jog + Senam M : Lari ABC 5 macam 25 M , diselingi Stabilisasi tiap pos 30' tahan 20' Akselerasi cepat 20m 5 x WD: Jog + Peregangan	WU: Jog + Senam M : lari ABC khusus centering 4pos 20 m 5x Fly 30 m 5 x WD: Jog Rileks	WU: Jog + Senam M : Harness run 2 (4 x 50m) Akselerasi Fall 50 m 7 x WD: Jog + Senam	
WU: Jog + Senam M : 5 Pos 4 set intensitas 75/10,85/5,90/5,95 (.Clean full,Becnh Press, F. Squat, H.Raise,Step Split) & core rot./pike FB,back ext., chin up,leg ext. Akselerasi kijang 50m 7x WD: Jog Rileks dan peregangan	WU: Jog + Senam M : senam gawang 4 pos 4 gawang 5x St. 3 titik 4 gawang 5 x Lempar tajam 20 m 10 x Awalan pendek lembing 10-15 x Akselerasi 3x (150m int. 80%) & 3x (150 m int.95%). WD: Jog + Peregangan	Rest aktif	

**PROGRAM LATIHAN LOMPAT HORIZONTAL PERSIAPAN KHUSUS
MESO 4 TAHUN 2008**

Nama Atlet : Rini Susanti L/P STATUS KONDISI : SPEED AB : **9,12- 8.77**-m /det (>) STRENGTH DINAMIS :ST.B.JUMP : 2.67- **2.75**-m)
 TB/ BB : 168/ 60 cm / kg ACC SP : 7.40- **7.28**m/det (%) ST.T.JUMP : 8.49/8.42- **8.70/8.39** m
 DN BASAL : SPEED END : 7.87- **7.7**-m/det (%) ST.V.JUMP : 58/54- **61/54** -cm)
 TEKNIK : 5 STRIDE : **4.70** (6m//dt)-4.52m (5.5) m/det
 10 STRIDE: 5.15 (7.40m/det) - 5.30 (6.49m/dt)

SENIN, 5/12/19 Mei 2008	SELASA, 6/13/20 Mei 2008	RABU, 7/14/21 Mei 2008	MINGGU, Mei 08
WU: Jog 4 keliling+ Senam M : stabilisasi lompat khusus 30m Togok/perut, tungkai WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : senam stabilisasi lompat Imitasi TO pakai gawang besar 50 x Fly Akselerasi 50m 5 X WD: Jog Rileks	WU: Jog 5 keliling + Senam M : peregangan khusus lompat atau Rileksasi WD: Jog Rileks	<ul style="list-style-type: none"> • Permainan conditioning 50 • Rest Aktif
WU: Jog + Senam banyak M : St. TO Step - 5x Awalan 10 langkah Hop-Step 7 x Awalan 10 TJ (jarak sasaran) 5 x 5x100 m (1-3 50m jog RI 4-5 jln)int.90% & 2 terakhir 95-98% WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : 5 Pos 4 set intensitas 90/5,90/5,95/3,95/3 (.Clean full,Becnh Press, F. Squat, single leg Raise,Step Split) & core rot./pike FB back ext., chin up, leg ext. FB sit up 30'/ Punch Sprint 30'x3 Akselerasi Faling start 30m 5x WD: jog & Peregangan	WU: Jog 5 keliling + Senam M : awalan pendek 12 TOhang 7x `Awalan 12 stride irama 3 7x Awalan 12 langkah LJ 5 X 6 x 60 m int 90% RI jog back WD: Jog Rileks	
KAMIS, 8/15/22 Mei 2008	JUM'AT, 9/16/23 Mei 2008	SABTU, 10/17/ 24 Mei 2008	
WU: Jog + Senam M : Lari ABC 5 macam 25 M , diselingi Stabilisasi tiap pos 30' tahan 20' Akselerasi cepat 20m 5 x WD: Jog + Peregangan	WU: Jog + Senam M : lari ABC khusus centering 4pos 20 m 5x Lari akselerasi 40 m 5 x WD: Jog Rileks	WU: Jog + Senam M : Harness run 2 (4 x 50m) Lari kijang 50 m cepat 5x Akselerasi Fall 50 m 7 x WD: Jog + Senam	
WU: Jog + Senam M : 5 pos 4 set intensitas 75/10,85/7,90/5,90 Sama dengan selasa,beda int.& rep. Akselerasi 30 m 5X WD: Jog Rileks dan peregangan	WU: Jog + Senam M : 3 stride jump + mendarat 7 x Awalan full L jump 7 x (last3 check Mark time) Akselerasi 3& 2 (100m int. 80%) & 100 m int.95%. RI jog & jalan WD: Jog + Peregangan	Rest aktif	

**PROGRAM LATIHAN LOMPAT VERTIKAL PERSIAPAN KHUSUS
MESO 4 APRIL TAHUN 2008**

Nama Atlet : Ika Puspa Dewi L/P
TB/ BB : 165/ 56 cm/ kg
DN BASAL :

STATUS KONDISI : SPEED AB : 8,59-8.22m /det (>) STRENGTH DINAMIS ST.B.JUMP : 2.50- 2.33 m)
ACC SP : 7.11- 7,10 m/det (87%) ST.T.JUMP : 8/7.76- 7.70/7.71 m)
SPEED END : 7.6 m/det (85%) ST.V.JUMP : 1.20 cm- cm) <
TEKNIK : 5 STRIDE : m/det
10 STRIDE: 4,95m (6.99 m/det)

SENIN, , 5/12/19 Mei 2008	SELASA, 46/13/20 Mei 2008/	RABU, 7/14/21 Mei 2008	MINGGU, Mei 08
WU: Jog 4 keliling+ Senam M : Lari ABC 4 Pos 20 m 5x Akselerasi Pop Up 30 m 7x WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : Senam stabilisasi lompat Imitasi TO gawang zigzag 40 X Akselerasi menikung 20m 5 X WD: Jog Rileks	Rest aktif	<ul style="list-style-type: none"> • Permainan conditioning 50 • Rest Aktif
WU: Jog + Senam banyak M : St Flopt 125 cm 10 x Awalan 3 langkah 1.50cm 10 x Awalan 7 langkah L. Tegak 5x : 100 m menikung(100m jalan RI) 5x int.90 % WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : 5 Pos 4 set intens. 90/5,90/5,95/3,95/3. (.Clean full,Becnh Press, F. Squat, single.Raise,Step Split) & core rot./pike FB,back ext., chin up,leg ext, FB sit up, punching box 30'x3 Akselerasi Faling start 30m 7x WD: Peregangan	WU: Jog 5 keliling + Senam M : Double leg flopt 127 cm 10 x Awalan 5 langkah L. duduk 150 7x Awalan full utuh 155-157 3- 5 x Lari akselerasi 5 x 60 m int. 90% WD: Jog Rileks	
KAMIS, 8/15/22 Mei 2008	JUM'AT, 9/16/23 Mei 2008	SABTU, 10/17/ 24 Mei 2008	
WU: Jog + Senam M : Lari ABC 5 macam 20 M , diselingi Stabilisasi tiap pos 30' tahan 20' Akselerasi menikung 25 m 5 x WD: Jog + Peregangan	WU: Jog + Senam M : lari ABC khusus centering 4pos 20 m 5x Akselerasi menikung toe up 30 m 7 x WD: Jog Rileks	WU: Jog + Senam M : Harnes run 2 seri (3 x 40m) Akselerasi kijang v 30 m 7 x Akselerasi Fall 30 m 7 x WD: Jog + Senam	
WU: Jog + Senam M : WU: Jog 4 keliling + Peregangan khusus M : 5 Pos 4 set intensitas 75/10,85/5,90/5,95 (.Clean full,Becnh Press, F. Squat, H.Raise,Step Split) & core rot./pike FB,back ext., chin up,leg ext. Akselerasi Faling start 30m 7x WD: Peregangan & Jog rileks	WU: Jog + Senam M : 3 spring jump + flopt -7 x Awalan penuh l. duduk 150 cm 5x Awalan penuh Ploft 155 cm – 5X Akselerasi 3& 2 (100m int. 80% RI jog 100) & 100 m int.95%. RI walk 100m WD: Jog + Peregangan	Rest aktif	

**PROGRAM LATIHAN SAPTA LOMBA PERSIAPAN KHUSUS
MESO 4 APRIL TAHUN 2008**

Nama Atlet : Reni Devi R L/P
TB/BB : 169 cm/ kg
DN BASAL :

STATUS KONDISI : SPEED AB : **7,73** m /det (<) STRENGTH DINAMIS :ST.B.JUMP : **2.40-** m)
ACC SP : **7.07-** m/det () ST.T.JUMP : **7,38/7.10** - m
SPEED END : **7.07-** m/det (%) ST.V.JUMP : **60/58** cm)
TEKNIK : 10 STRIDE : **4.70** (5,4 6m/dt)-) m/det
ST. Flopt : cm , Shoken F/B :/ m

SENIN, , 5/12/19 Mei 2008	SELASA, 6/13/20 Mei 2008	RABU, 7/14/21 Mei 2008	MINGGU, Mei 08
<p>WU: Jog 4 keliling+ Senam M : Lari ABC gw 4 Pos 5x St 3 ttk. 3 gawang 5x Akselerasi 30 m 5x WD: Jog & Peregangan</p>	<p>WU: Jog 5 keliling + Senam M : senam stabilisasi umum Imitasi TO zigzag gw. 40X Lari menikung 30m 5 X WD: Jog Rileks</p>	<p>WU : Jog 5 kel & senam khusus M : Shoken F/B masing 10 X St. Throw peluru 7 X Awalan T peluru 3 x WD : Jog ringan & peregangan</p>	<ul style="list-style-type: none"> • Permainan jog /stride pakai gawang rendah 4 gw 20menit . • Rest Aktif
<p>WU: Jog + Senam banyak M : St Flopt 125 cm 10 -12 x Awalan 3 langkah 1.45cm 10 x Awalan penuh L. Flop 155 5x : St. 150 m- (50m jalan RI) 5x int.90 % WD: Peregangan & Jog ringan</p>	<p>WU: Jog 4 keliling + Peregangan khusus M : 5 Pos 4 set intens. 90/5,90/5,95/3,95/3. (.Clean full,Becnh Press, F. Squat, single.Raise,Step Split) & core rot./pike FB,back ext., chin up,leg ext, FB sit up, punching box 30'x3 Akselerasi Faling start 30m 5x WD: jog & Peregangan</p>	<p>WU: Jog 5 keliling + Senam M : Awalan pendek TO & hang 7x `Awalan full TO 7x irama 3 strid. Awalan penuh LJ 4 X 6 x 80 m int 90% RI jogback WD: Jog Rileks</p>	
<p>KAMIS, 8/15/22 Mei 2008</p>	<p>JUM'AT, 9/16/23 Mei 2008</p>	<p>SABTU, 10/17/ 24 Mei 2008</p>	
<p>WU: Jog + Senam M : Lari ABC 5 macam 25 M , diselingi Stabilisasi tiap pos 30' tahan 20' lempar tajam lembing 20x WD: Jog + Peregangan</p>	<p>WU: Jog + Senam M : lari ABC khusus centering 4pos 20 m 5x Fly 50 m 5 x WD: Jog Rileks</p>	<p>WU: Jog + Senam M : Harness run 2 (4 x 50m) Akselererasi kijang 50 m 7x Akselerasi Fall 100 m 5 x WD: Jog + Senam</p>	
<p>WU: Jog + Senam M : 5 Pos 4 set intensitas 75/10,85/5,90/5,95 (.Clean full,Becnh Press, F. Squat, H.Raise,Step Split) & core rot./pike FB,back ext., chin up,leg ext. Akselerasi kijang 50m 7x WD: Jog Rileks dan peregangan</p>	<p>WU: Jog + Senam M : senam gawang 4 pos 4 gawang 5x St. 3 titik 4 gawang 5 x Awalan pendek lembing 10-15 x Akselerasi pyramid 200- 150- 100 WD: Jog + Peregangan</p>	<p>Rest aktif</p>	

**PROGRAM LATIHAN LOMPAT HORIZONTAL PRA KOMPETISI
MESO 7 JUNI TAHUN 2008**

Nama Atlet : Rini Susanti L/P
TB/BB : 168/ 62 cm / kg
DN BASAL :

STATUS KONDISI : SPEED AB : **9,12- 8.77**-m /det (>) STRENGTH DINAMIS :ST.B.JUMP : 2.67- **2.75**-m)
ACC SP : 7.40- **7.28**m/det (%) ST.T.JUMP : 8.49/8.42- **8.70/8.39** m
SPEED END : 7.87- **7.7**-m/det (%) ST.V.JUMP : 58/54- **61/54** -cm)
TEKNIK : 5 STRIDE : **4.70** (6m//dt)-4.52m (5.5) m/det
10 STRIDE: 5.15 (7.40m/det) - 5.30 (6.49m/dt)

SENIN, 2/9/16/23/30 Juni 2008	SELASA, 3/10/17/24 Juni 2008	RABU, 4/11/18/ 25 Juni 2008	MINGGU, JUNI 08
<p>WU: Jog 4 keliling+ Senam M : med ball ex. & Ply Togok/perut, tungkai WD: Jog & Peregangan</p>	<p>WU: Jog 5 keliling + Senam M : Abc run 20 m 4 pos 5 x Alt. leg bounding cepat & Hori. 30 m 5x Fly Akselerasi 50m 5 X WD: Jog Rileks</p>	<p>WU: Jog 5 keliling + Senam M : peregangan khusus lompat atau Rileksasi WD: Jog Rileks</p>	<ul style="list-style-type: none"> • Jogging 30' • Rest Aktif
<p>WU: Jog + Senam banyak M : St. Step - jump 5x Awalan 12 langkah Step-jump (3.80-4.50) 7 x Awalan penuh TJ (jarak sasaran) 5 x (4.50-3.80-4.60) Akselerasi fly 30 m 7x (95% RI 5') WD: Peregangan & Jog ringan</p>	<p>WU: Jog 4 keliling + Peregangan khusus M : 4Pos 3set power ex. 90%-3-5-7rep. (Clean full, F. Squat, leg Raise,Step up) & Stab push up, prone rotation FB ., chin up, punching arm sprint, FB sit up 30'/ Akselerasi Faling start20 5x WD: jog & Peregangan</p>	<p>WU: Jog 5 keliling + Senam M : Awalan 15 TO hit kick 7x Awalan 15 Stride irama 3 5 x Awalan full LJ 5 X checkmark 5 x 50 m full RI jog back WD: Jog Rileks</p>	
<p>KAMIS, 5/12/19/26 Juni 2008</p>	<p>JUM'AT, 6/ 13/20/27 Juni 2008</p>	<p>SABTU, 7/14/ 21/28 Junii 2008</p>	
<p>WU: Jog + Senam M : Lari ABC 5 macam 20 M , Stabilisasi Lompat tiap pos 30' tahan Akselerasi cepat 30m 5 x WD: Jog + Peregangan</p>	<p>WU: Jog + Senam M : lari ABC khusus centering 4pos 20 m 5x Lari akselerasi 40 m 5 x WD: Jog Rileks</p>	<p>WU: Jog + Senam M : Harness run 2 (4 x 50m) Lari kijang 50 m cepat 5x Akselerasi Fall 50 m 7 x WD: Jog + Senam</p>	
<p>WU: Jog + Senam M : Sama hari selasa Akselerasi in-out 20-20 -20-20 7x WD: Jog Rileks dan peregangan</p>	<p>WU: Jog + Senam M : 3 spring jump + mendarat 7 x Awalan full T. jump 4 x tiap Perbandingan jarak H-S- J yang beda WD: Jog + Peregangan</p>	<p align="center">Rest aktif</p>	

**PROGRAM LATIHAN LOMPAT HORIZONTAL PRA KOMPETISI
MESO 7 JUNI TAHUN 2008**

Nama Atlet : Ricky w L/P STATUS KONDISI : SPEED AB : **10.48-9,90** m /det (>) STRENGTH DINAMIS :ST.B.JUMP : 3.02 - **2.82** m)
 TB/ BB : 180 / cm / kg ACC SP : 8.02 - **7.85** m/det (**79.2** %)< ST.T.JUMP : 9.80/9.28- **9.47/9.05** cm
 DN BASAL : SPEED END : 8.88 - **8.97** m/det (90.%) ST.V.JUMP : 72/68 - **75/70** cm)
 TEKNIK : 5 STRIDE : **5.35** (5,6m/dt)- m () m/det
 10 STRIDE: 6.35 m - 5,91 (7,35 m/dt) – (m/det)

<p>SENIN, 2/9/16/23/30 Juni 2008</p> <p>WU: Jog 4 keliling+ Senam M : med ball ex. & Ply Togok/perut, tungkai WD: Jog & Peregangan</p> <p>WU: Jog + Senam banyak M : St. Step - jump 5x Awalan 12 langkah Step-jump (4.20 - 5.50) 7 x Awalan penuh TJ (jarak sasaran) 5 x (5.20 -4.20 - -5.60) Akselerasi fly 50 m 7x (95% RI 5’) WD: Peregangan & Jog ringan</p> <p>KAMIS, 5/12/19/26 Juni 2008</p> <p>WU: Jog + Senam M : Lari ABC 5 macam 20 M , Lompat Stabilisasi tiap pos 30’ tahan Akselerasi cepat 30m 5 x WD: Jog + Peregangan</p> <p>WU: Jog + Senam M : Sama hari Selasa Akselerasi in-out 50-50 -50-50 7x WD: Jog Rileks dan peregangan</p>	<p>SELASA, 3/10/17/24 Juni 2008</p> <p>WU: Jog 5 keliling + Senam M : Abc run 20 m 4 pos 5 x Alt. leg bounding cepat & Hori. 30 m 5x Fly Akselerasi 50m 5 X WD: Jog Rileks</p> <p>WU: Jog 4 keliling + Peregangan khusus M : 4Pos 3set power ex. 90%-3-5-7rep. (.Clean full, F. Squat, leg Raise,Step up) & Stab push up, prone rotation FB ., chin up, punching arm sprint, FB sit up 30’/ Akselerasi Faling start20 5x WD: jog & Peregangan</p> <p>JUM’AT, 6/ 13/20/27 Juni 2008</p> <p>WU: Jog + Senam M : lari ABC khusus centering 4pos 20 m 5x Lari akselelerasi 40 m 5 x WD: Jog Rileks</p> <p>WU: Jog + Senam M : 3 spring jump + mendarat 7 x Awalan full T. jump 4 x tiap Perbandingan jarak H-S- J yang beda 3 seri. WD: Jog + Peregangan</p>	<p>RABU, 4/11/18/ 25 Juni 2008</p> <p>WU: Jog 5 keliling + Senam M : peregangan khusus lompat atau Rileksasi WD: Jog Rileks</p> <p>WU: Jog 5 keliling + Senam M : Awalan 15 TO hit kick 7x `Awalan 15 Stride irama 3 5 x Awalan full LJ 5 X checkmark 5 x 50 m full RI jog back WD: Jog Rileks</p> <p>SABTU, 7/14/ 21/28 Junii 2008</p> <p>WU: Jog + Senam M : Harness run 2 (4 x 50m) Lari kijang 50 m cepat 5x Akselerasi Fall 50 m 7 x WD: Jog + Senam</p> <p style="text-align: center;">Rest aktif</p>	<p>MINGGU, JUNI 08</p> <ul style="list-style-type: none"> • Jogging 30’ • Rest Aktif
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**PROGRAM LATIHAN LOMPAT VERTIKAL PRAKOMPETISI
MESO 7 JUNI TAHUN 2008**

Nama Atlet : Ika Puspa Dewi L/P
TB/ BB : 165/ 56 cm/ kg
DN BASAL :

STATUS KONDISI : SPEED AB : 8,59-8.22m /det (>) STRENGTH DINAMIS ST.B.JUMP : 2.50- 2.33 m)
ACC SP : 7.11- 7,10 m/det (87%) ST.T.JUMP : 8/7.76- 7.70/7.71 m)
SPEED END : 7.6 m/det (85%) ST.V.JUMP : 1.20 cm- cm) <
TEKNIK : 5 STRIDE : m/det
10 STRIDE: 4,95m (6.99 m/det)

SENIN, , 2/9/16/23/30 Juni 2008	SELASA, 3/10/17/24 Juni 2008	RABU, , 4/11/18/ 25 Juni 2008	MINGGU, Mei 08
WU: Jog 4 keliling+ Senam M : Lari ABC 4 Pos 20 m 5x Akselerasi fly 30m skipping 7 x. WD: Jog & Peregangan	WU: Jog 5 keliling + Senam M : Abc run 20 m 4 pos 5 x Alt. leg bounding menikung 30 m 5x 2 stride Zigzag hurdle 4 7x Fly Akselerasi 50m 5 X WD: Jog Rileks	WU : Jog & senam khusus M : 2 step double flopt 135-150cm 2x St. 5 stride 150 naik 3cm 156cm Awalan penuh 159 cm 2 lolos Lari akselerasi menikung 30m 5x WD : Peregangan	<ul style="list-style-type: none"> • Jog 30 m • Rest Aktif
WU: Jog + Senam banyak M : St Flopt 125 cm 7 x Awalan 7 langkah L. Tegak 5x : Lompat tantangan dari 150cm – opt. WD: Peregangan & Jog ringan	WU: Jog 4 keliling + Peregangan khusus M : 4 Pos 3set power ex. 90%-3-5-7rep. (.Clean full, F. Squat, leg Raise,Step up) & Stab push up, prone rotation FB ., chin up, punching arm sprint, FB sit up 30’/ WD : peregangan 8 jog	Rest aktif	
KAMIS, 5/12/19/26 Juni 2008	JUM’AT, 5/12/19/26 Juni 2008	SABTU, 7/14/ 21/28 Junii 2008	
WU: Jog + Senam M : Lari ABC 5 macam 20 M , diselingi Akselerasi kijang 25 m 5x Akselerasi menikung 25 m 5 x WD: Jog + Peregangan	WU: Jog + Senam M : lari ABC khusus centering 4pos 20 m 5x Akselerasi menikung toe up 30 m 7 x WD: Jog Rileks	WU: Jog + Senam M : Harnes run 2 seri (3 x 40m) Akselerasi pop up v 30 m 7 x/ gawang tinggi 5x 7x Akselerasi Fall 30 m 7 x WD: Jog + Senam	
WU: Jog + Senam M : 4 Pos 3set power ex. 90%-3-5-7rep. (.Clean full, F. Squat, leg Raise,Step up) & Stab push up, prone rotation FB ., chin up, punching arm sprint, FB sit up 30’/ WD: Peregangan & Jog rileks	WU: Jog + Senam M : 3 spring jump + flopt 5 x Awalan penuh l. tegak 160 cm 5x Awalan penuh Ploft 155 cm – opt 2X Gagal 2kali turun. WD: Jog + Peregangan	Rest aktif	

**PROGRAM LATIHAN SAPTA LOMBA PRAKOMPETISI
MESO 4 APRIL TAHUN 2008**

Nama Atlet : Reni Devi R L/P
TB/ BB : 169 cm/ kg
DN BASAL :

STATUS KONDISI : SPEED AB : **7,73** m /det (<) STRENGTH DINAMIS :ST.B.JUMP : **2.40-** m)
ACC SP : **7.07-** m/det () ST.T.JUMP : **7,38/7.10** - m
SPEED END : **7.07-** m/det (%) ST.V.JUMP : **60/58** cm)
TEKNIK : 10 STRIDE : **4.70** (5,4 6m/dt)- m/det
ST. Flopt : cm , Shoken F/B :/ m

SENIN, , 5/12/19 Mei 2008	SELASA, 6/13/20 Mei 2008	RABU, 7/14/21 Mei 2008	MINGGU, Mei 08
<p>WU: Jog 4 keliling+ Senam M : Shocken F/B masing 10 X St. Throw peluru 7 X Awalan T peluru 3 x WD: Jog & Peregangan</p>	<p>WU: Jog 5 keliling + Senam M : senam stabilisasi umum Imitasi TO zigzag gw. 40X Lari menikung 30m 5 X WD: Jog Rileks</p>	<p>WU : Jog 5 kel & senam khusus M : 2 step double flopt 135-150cm 2x St. 5 stride 150 naik 3cm 156cm Awalan penuh 159 cm 2 lolos Lari akselerasi menikung 30m 5x WD : Jog ringan & peregangan</p>	<ul style="list-style-type: none"> • Permainan jog /stride pakai gawang rendah 4 gw 20menit . • Rest Aktif
<p>WU: Jog + Senam banyak M : St Flopt 125 cm 10 -12 x Awalan panjang L. Tegak 1.45cm 10 x Awalan penuh L. Flop 150 m 5x : Lempar tajam 30 x WD: Peregangan & Jog ringan</p>	<p>WU: Jog 4 keliling + Peregangan khusus M : 4 Pos 3set power ex. 90%-3-5-7rep. (.Clean full, F. Squat, leg Raise,Step up) & Stab push up, prone rotation FB ., chin up, punching arm sprint, FB sit up 30'/ WD: jog & Peregangan</p>	<p>WU: Jog 5 keliling + Senam M : lari abc gawang 4 pos 5x St. 3 titik 3 gw- 5gw- 7gw 3x 6 x 100 m int 90% RI jog back WD: Jog Rileks</p>	
KAMIS, 8/15/22 Mei 2008	JUM'AT, 9/16/23 Mei 2008	SABTU, 10/17/ 24 Mei 2008	
<p>WU: Jog + Senam M : Lari ABC 5 macam 25 M , diselingi Stabilisasi tiap pos 30' tahan 20' lempar tajam lembing 20x WD: Jog + Peregangan</p>	<p>WU: Jog + Senam M : lari ABC khusus centering 4pos 20 m 5x Fly 50 m 5 x WD: Jog Rileks</p>	<p>WU: Jog + Senam M : Harness run 2 (4 x 50m) Akselerasi kijang 50 m 7x Akselerasi Fall 100 m 5 x WD: Jog + Senam</p>	
<p>WU: Jog + Senam M : 4 Pos 3set power ex. 90%-3-5-7rep. (.Clean full, F. Squat, leg Raise,Step up) & Stab push up, prone rotation FB ., chin up, punching arm sprint, FB sit up 30'/ WD: Jog Rileks dan peregangan</p>	<p>WU: Jog + Senam M : : 3 spring jump + mendarat 7 x Awalan full L. jump 3 x 3 seri > St. 200m – stride-jog 3x Int. 90% WD: Jog + Peregangan</p>	<p>Rest aktif</p>	

