

# FORMAT PANTAUAN PRAKTIKUM

Hari : Sabtu, tgl.. th 2006, Jam .....WIB

Metode Latihan : Interval

Tujuan Latihan : .....

	NAMA	SET 1				SET 2					SET 3				SET 4			
		1	2	3	4	1	2	3	4	5	1	2	3	4	1	2	3	4
1																		
2																		
3																		
4																		
5																		
6																		

## CATATAN:

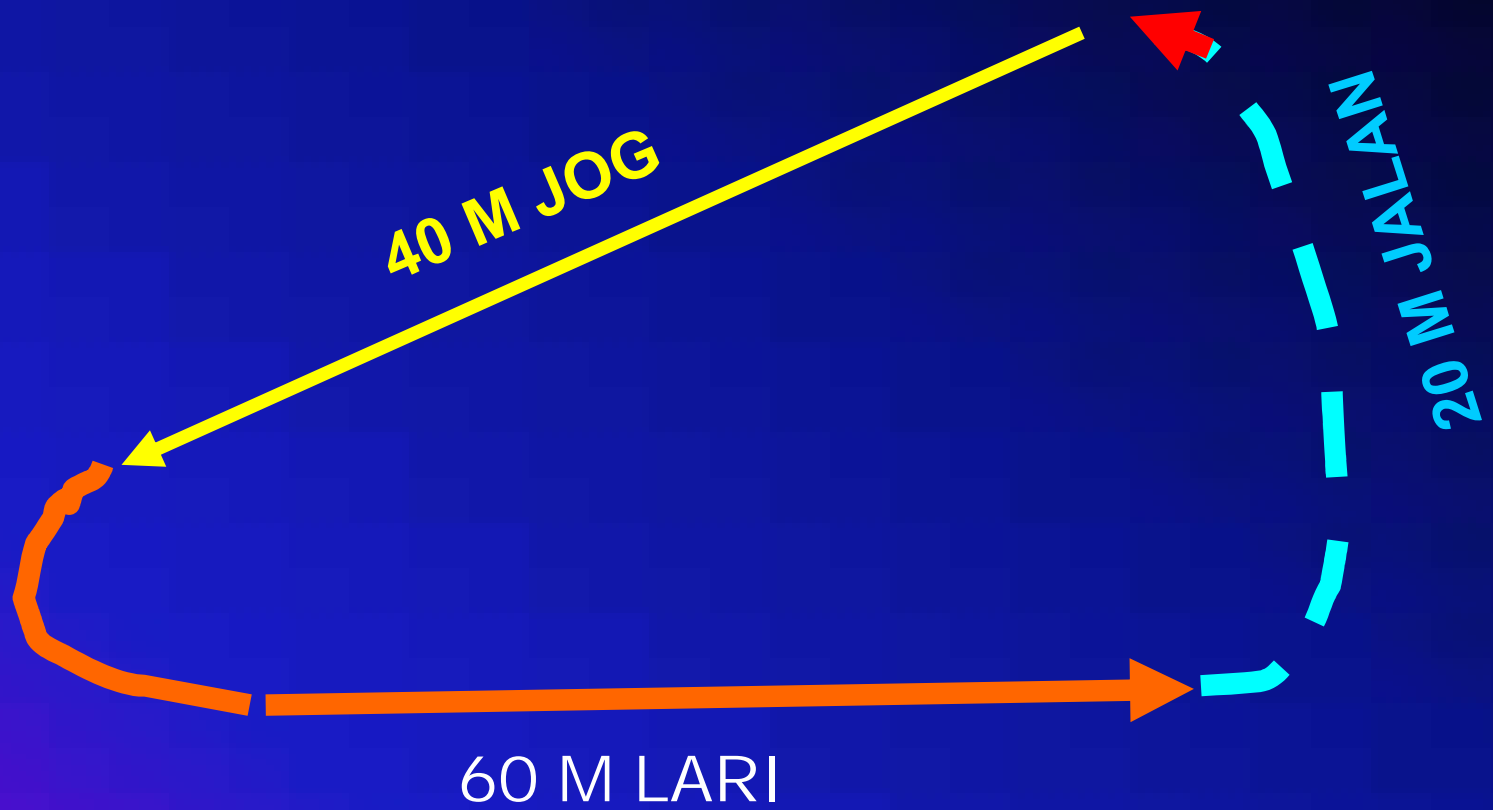
Intensitas : .....

Recovery : .....

Interval : .....

SET : 2, 3,4,5,6

# BENTUK POLYGON



# BENTUK PERSEGI

30 M JALAN



30 M JALAN

# BENTUK SQUARE

40 M JALAN

40 M JOG berkelompok



40 M JALAN



40 M LARI berkelompok

JALAN

LARI



JOGG



LARI

JALAN

LARI

JALAN



# Metode Fartlek

75 M LARI

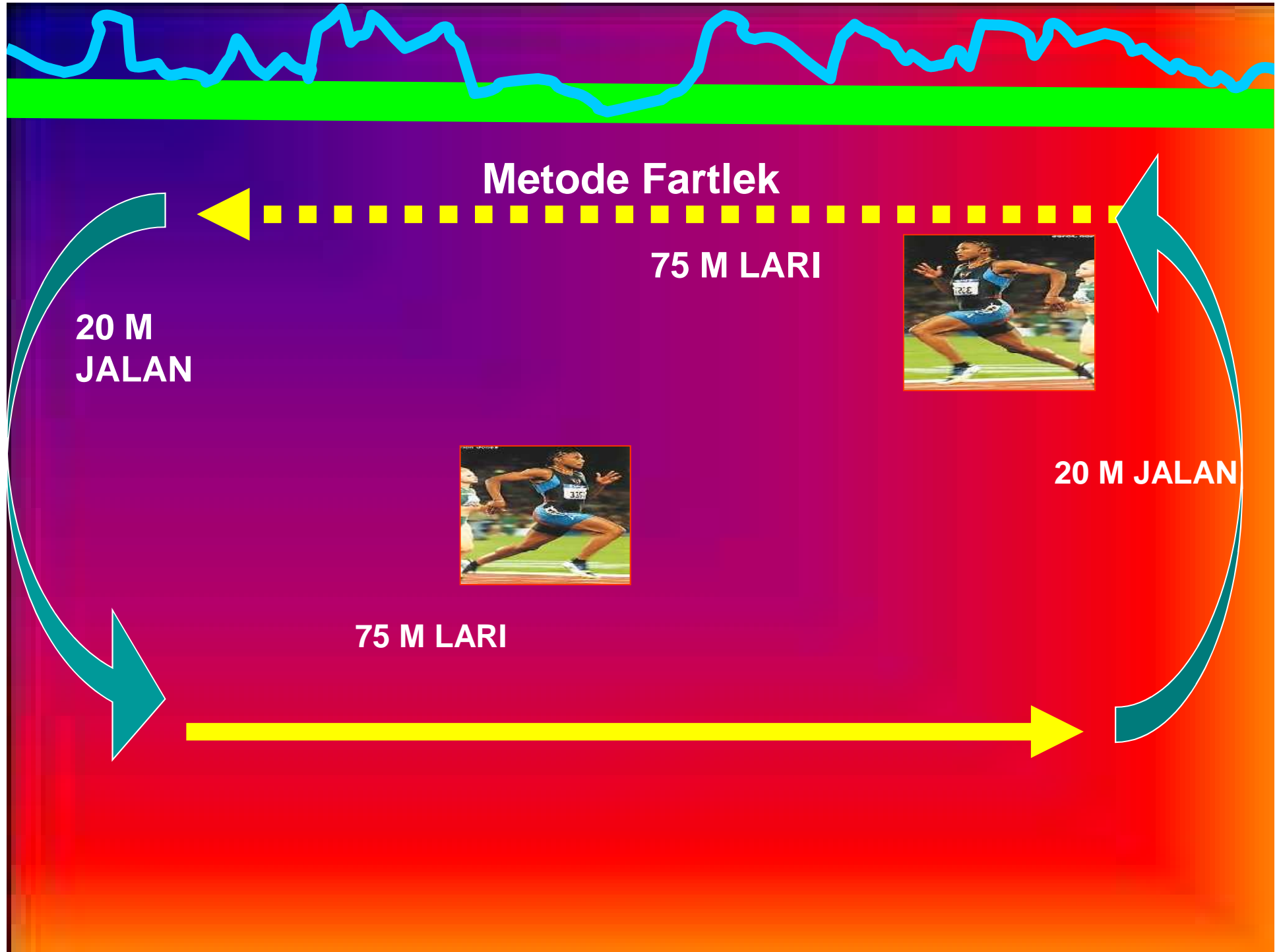


20 M JALAN



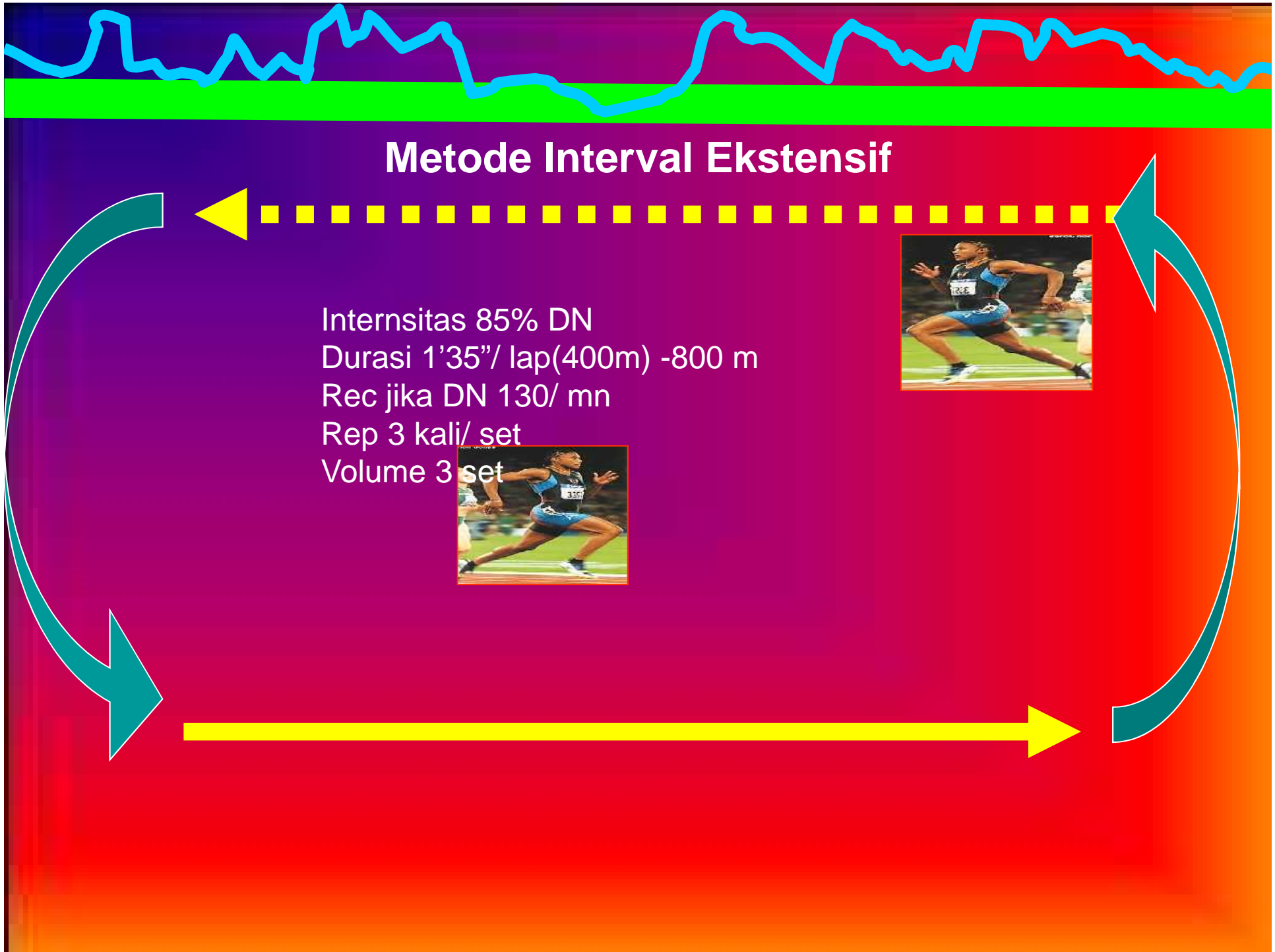
75 M LARI

20 M  
JALAN



## Metode Interval Ekstensif

Intensitas 85% DN  
Durasi 1'35"/lap(400m) -800 m  
Rec jika DN 130/ mn  
Rep 3 kali/ set  
Volume 3 set



# TRIANGLE RUN



40 M JOGG



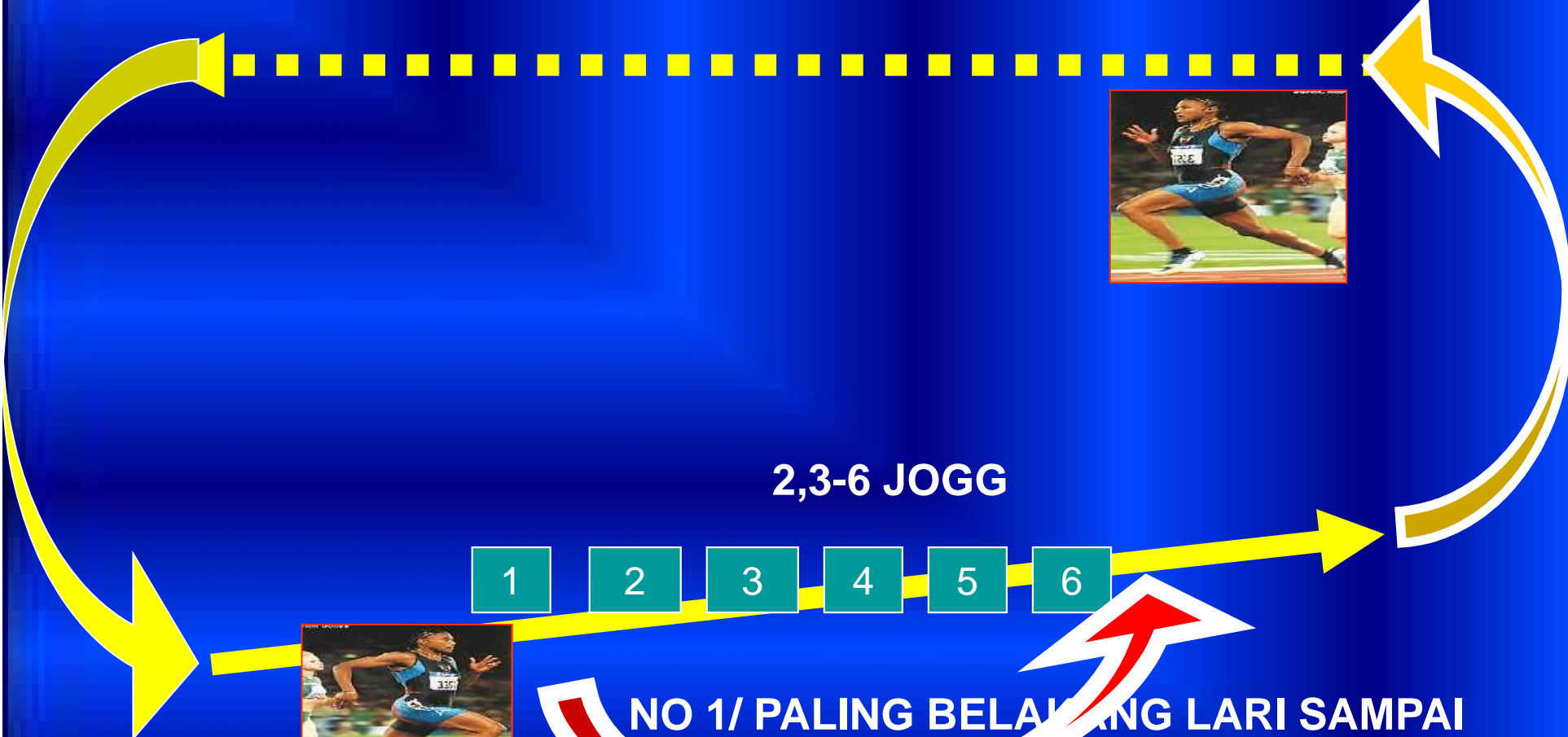
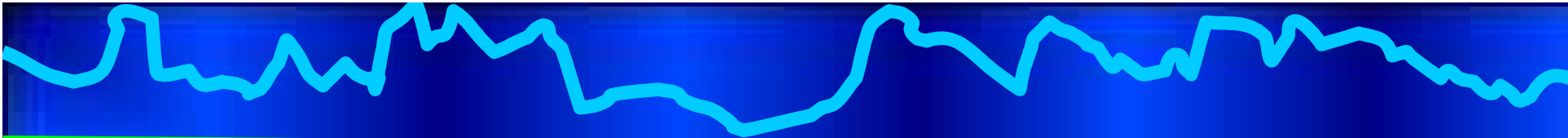
30 M JALAN



50 M LARI





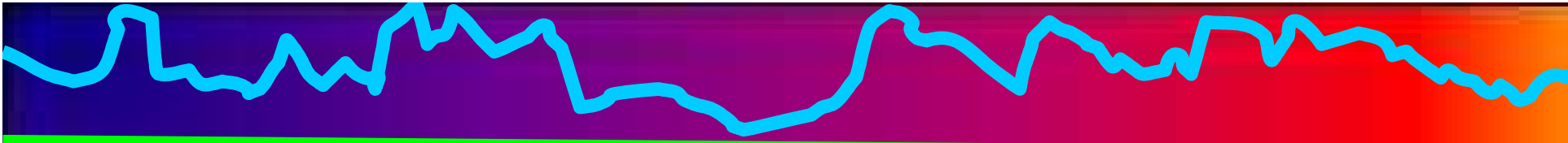


2,3-6 JOGG

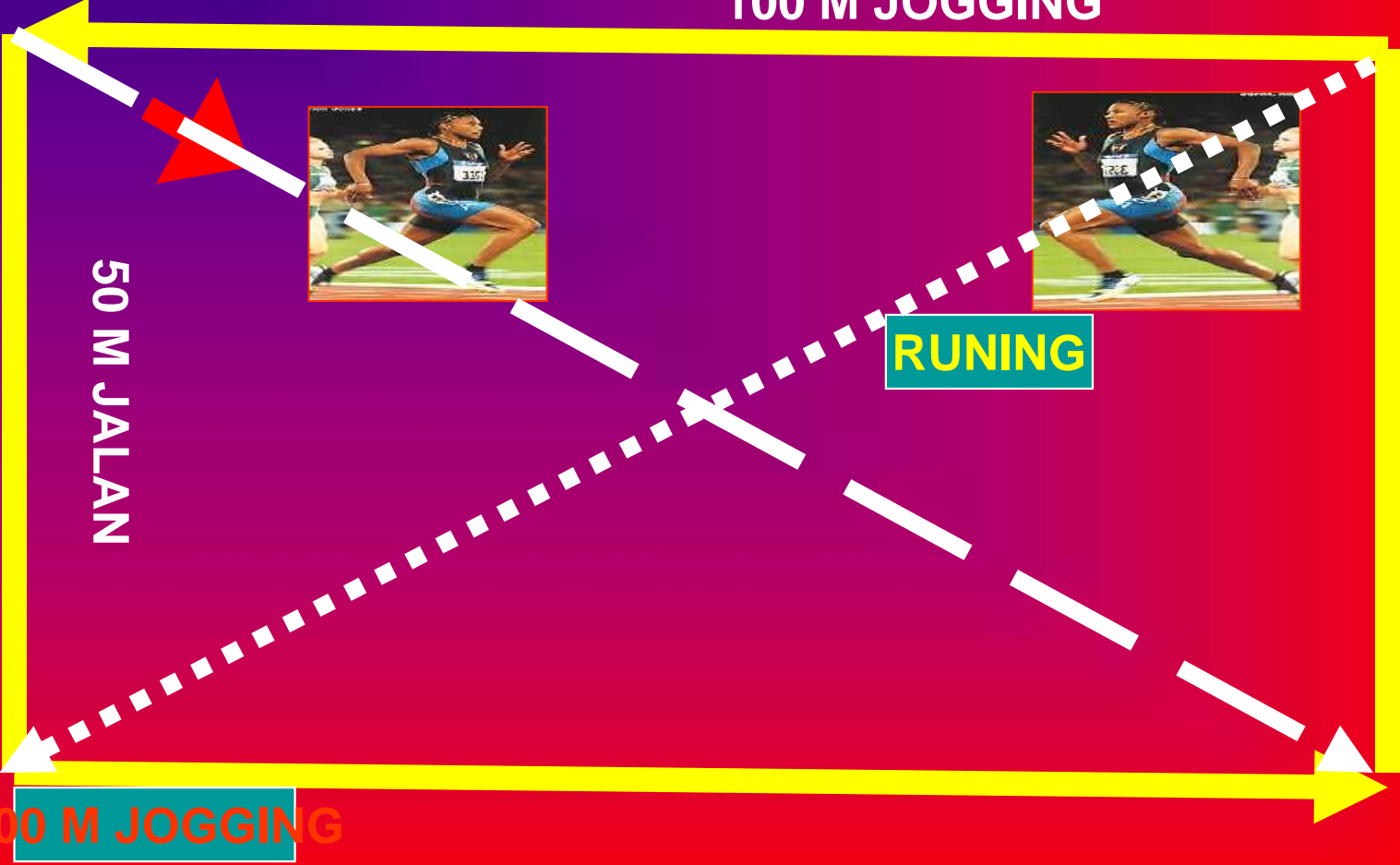
- 1
- 2
- 3
- 4
- 5
- 6



NO 1/ PALING BELAKANG LARI SAMPAI  
DEPAN 6, DILANJUTKAN JOGG DST

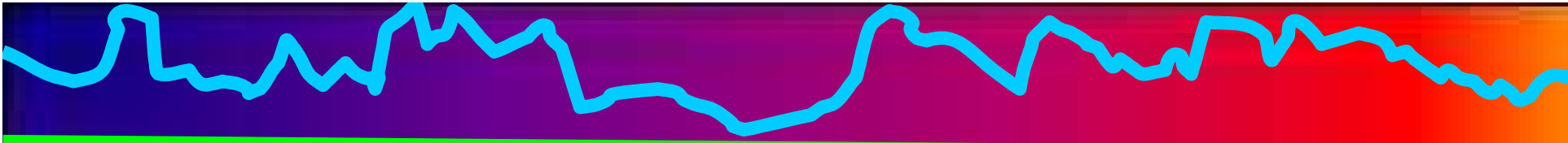


100 M JOGGING



50 M JALAN

100 M JOGGING



25 m sprint

25 m jogging



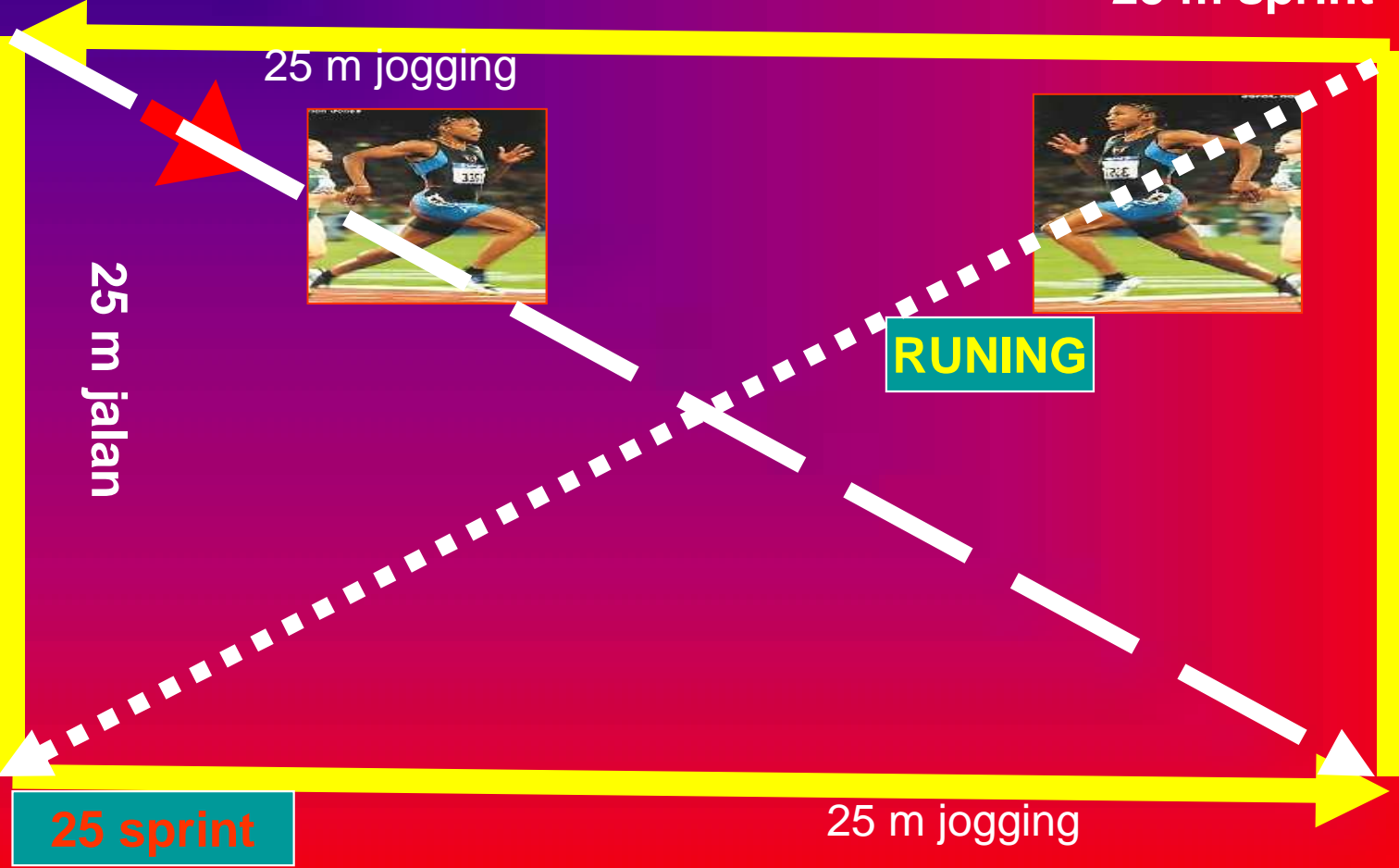
**RUNING**

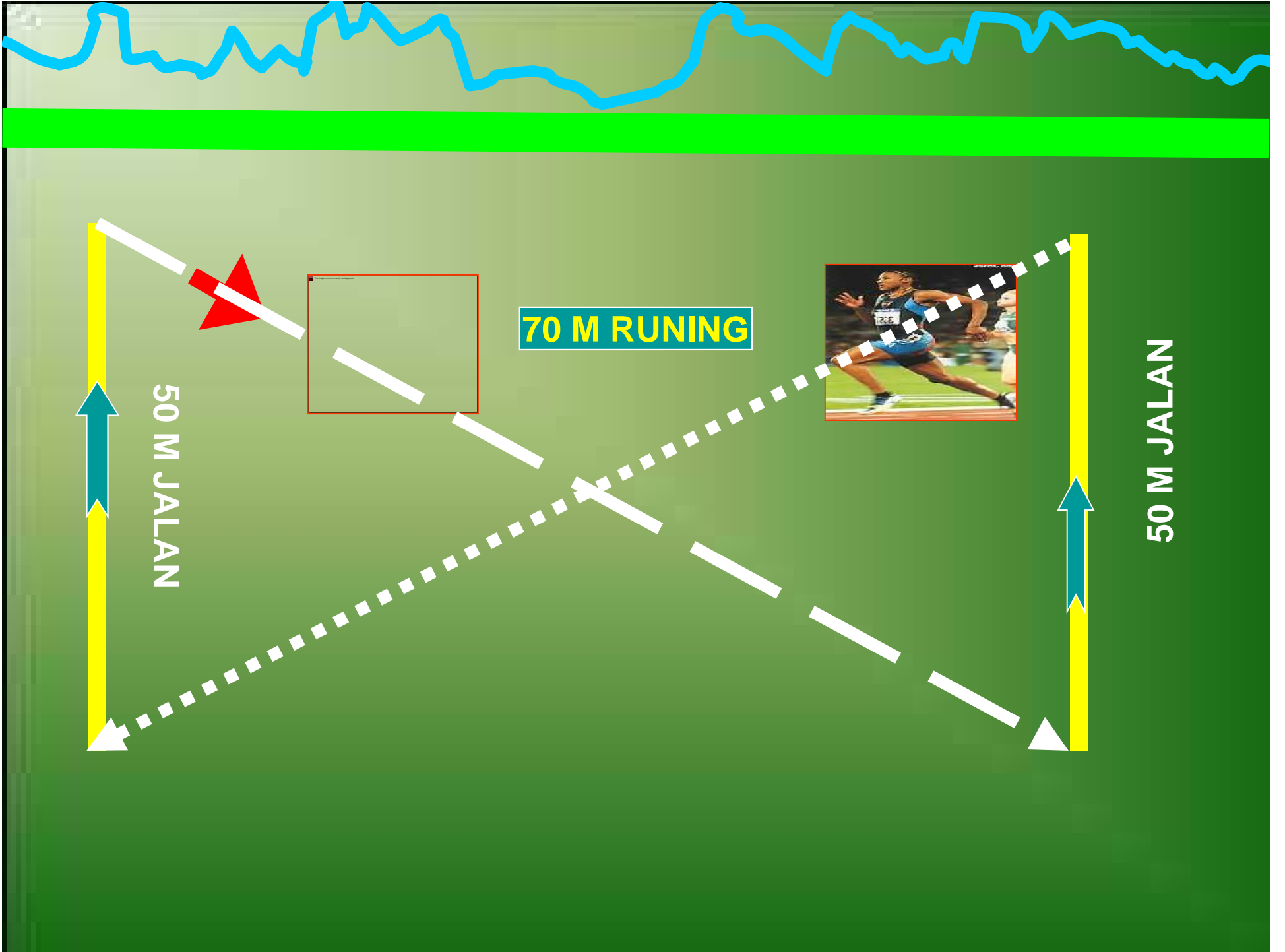
25 m jalan

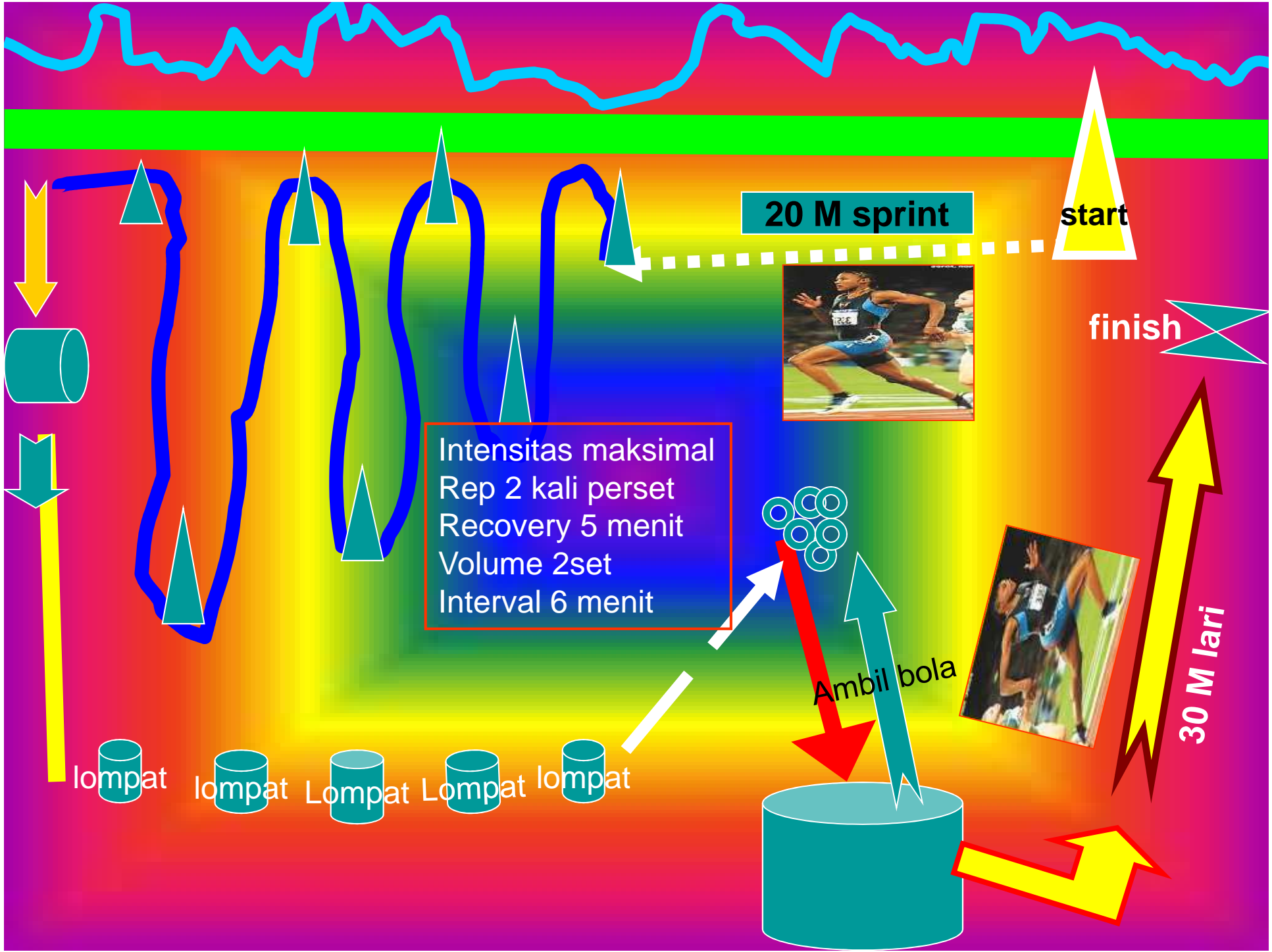
50 M JALAN

**25 sprint**

25 m jogging







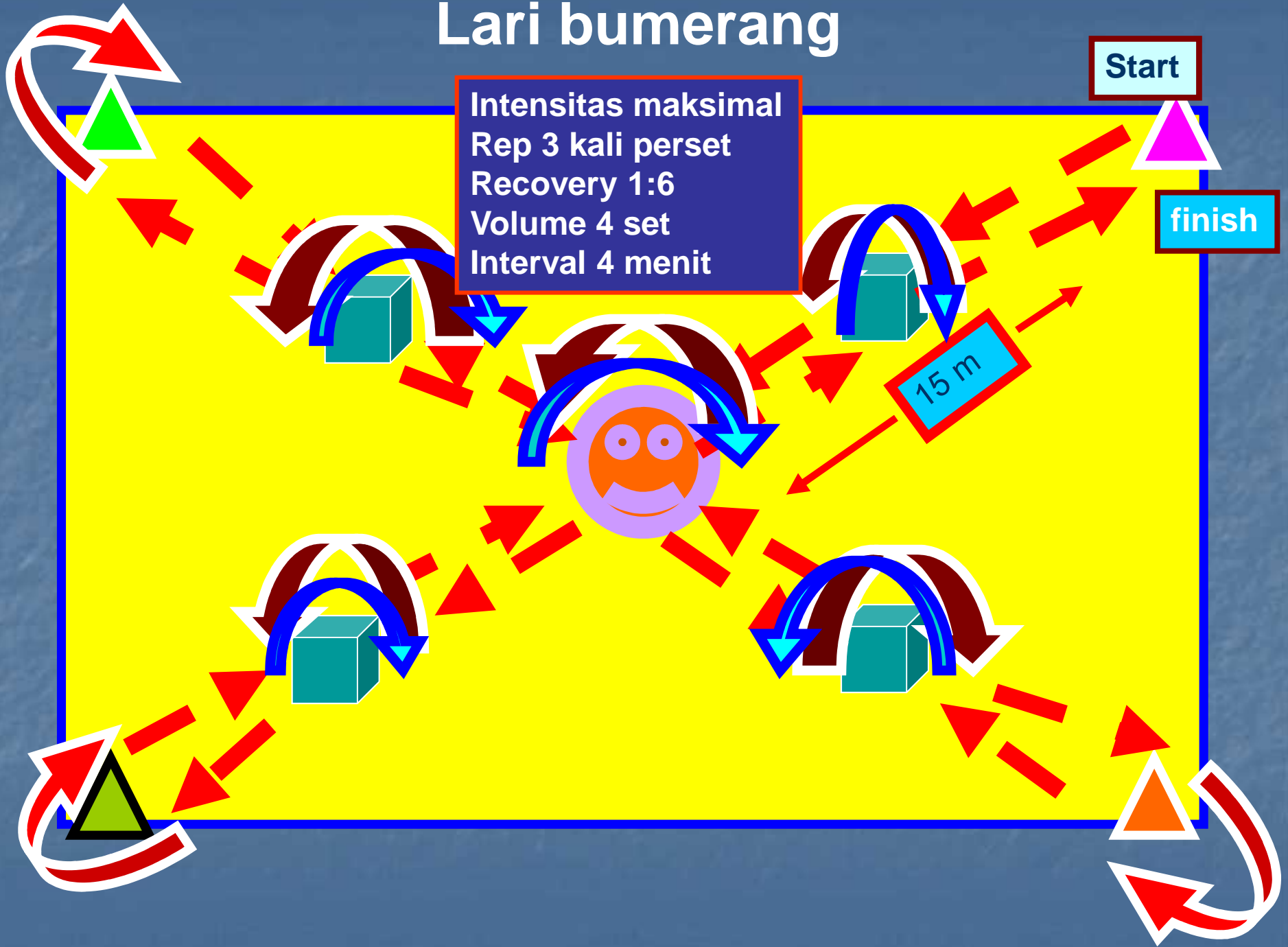
# Lari bumerang

Intensitas maksimal  
Rep 3 kali per set  
Recovery 1:6  
Volume 4 set  
Interval 4 menit

Start

finish

15 m

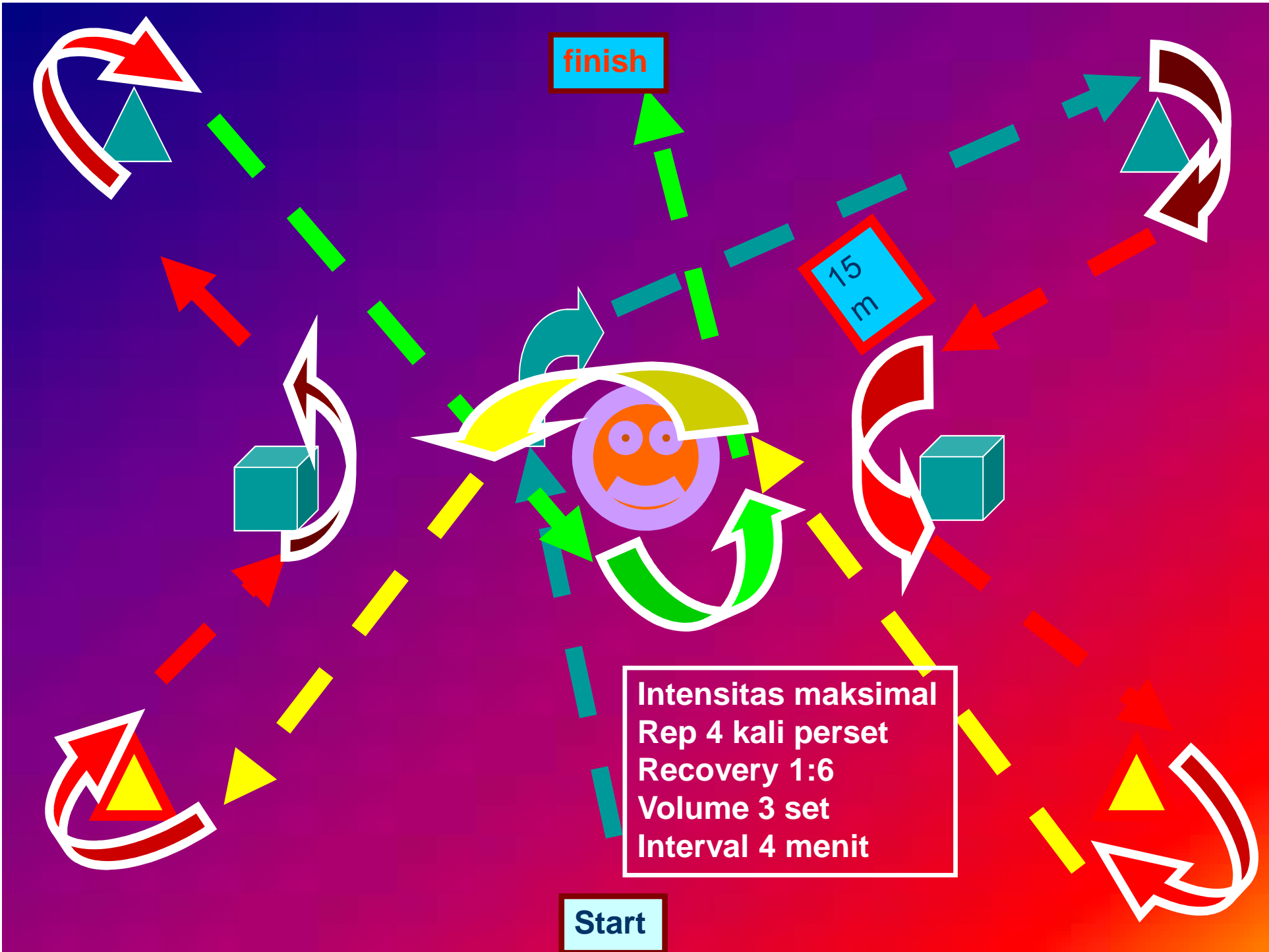


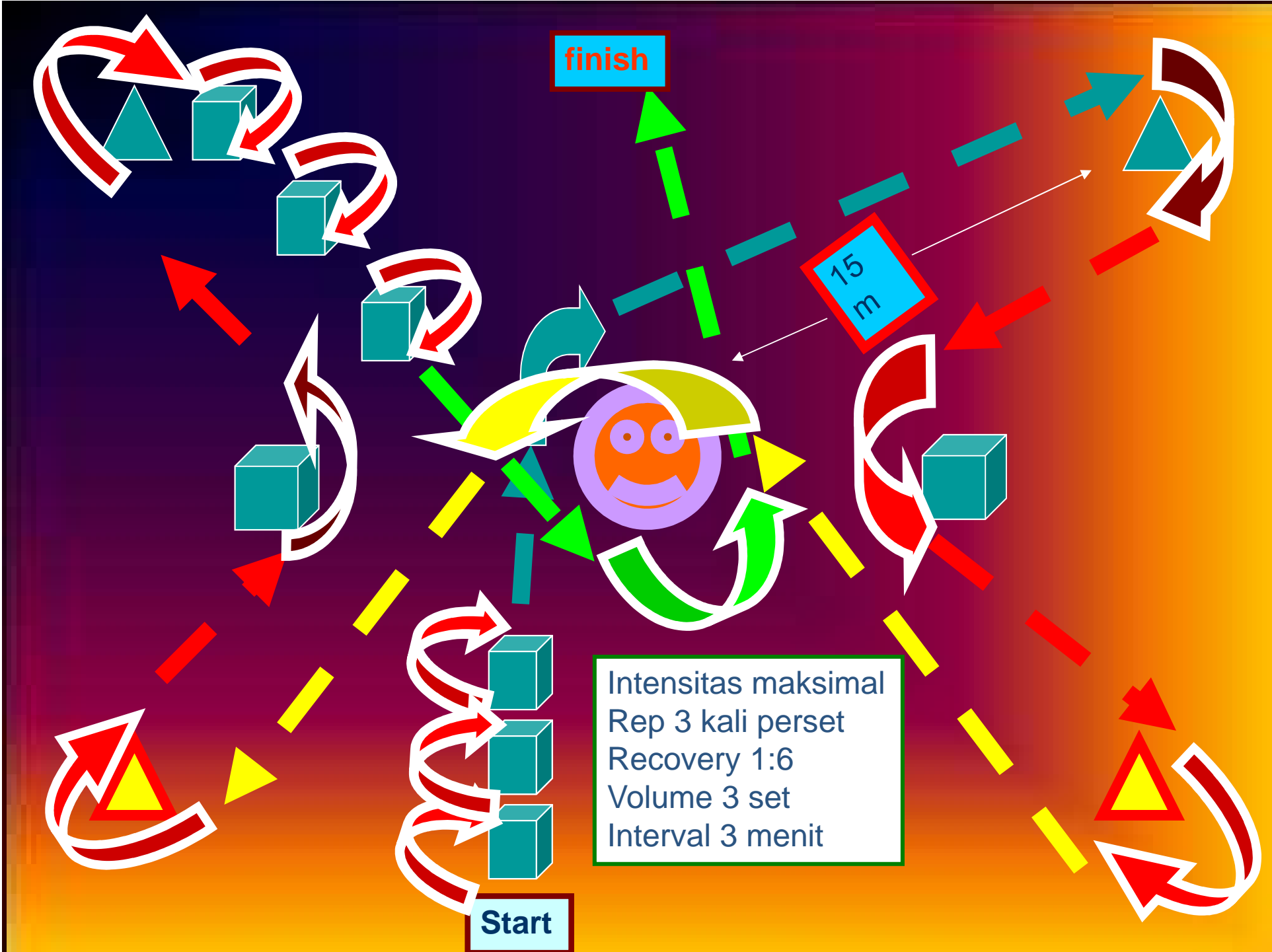
finish

15  
m

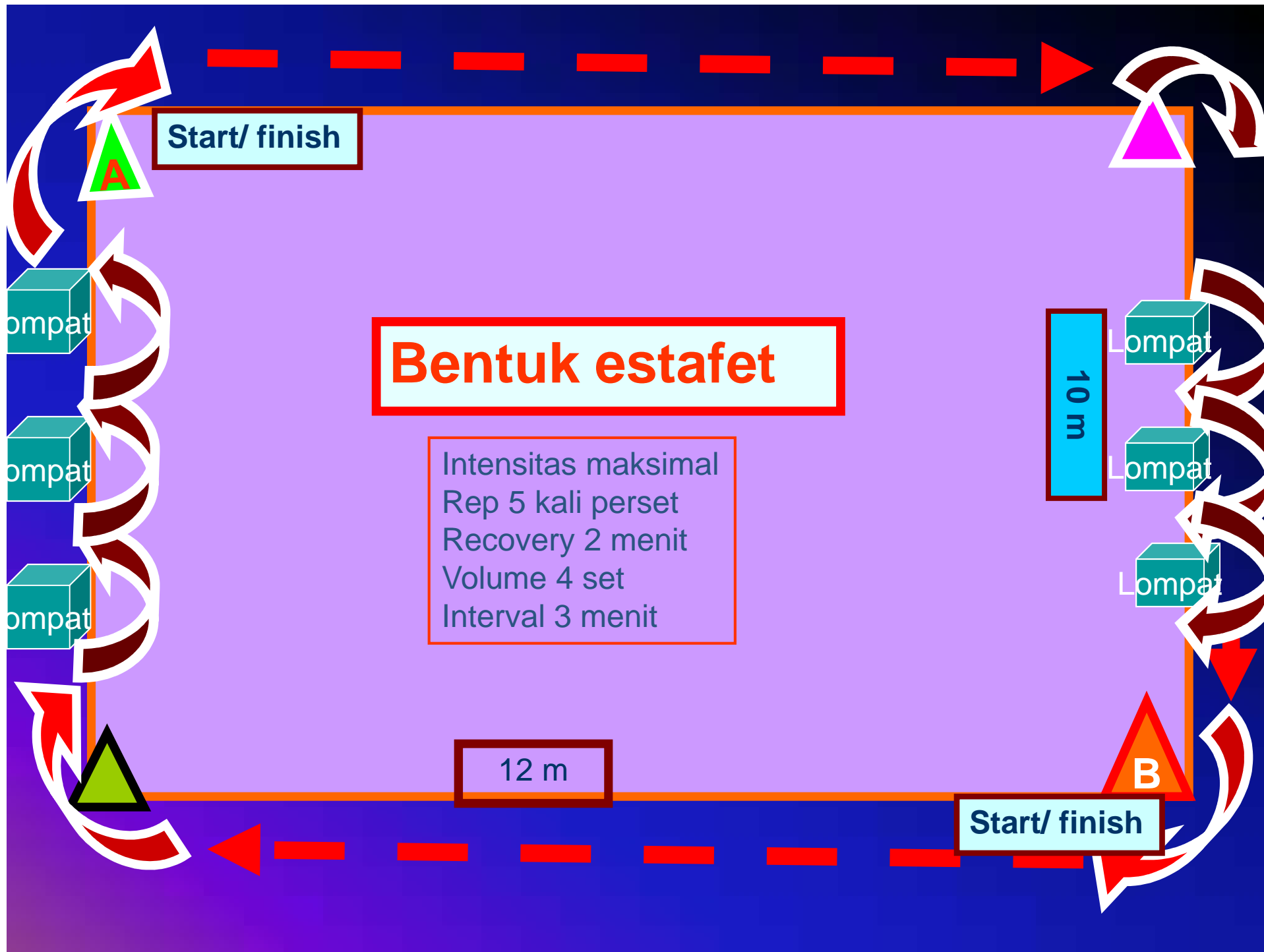
Intensitas maksimal  
Rep 4 kali perset  
Recovery 1:6  
Volume 3 set  
Interval 4 menit

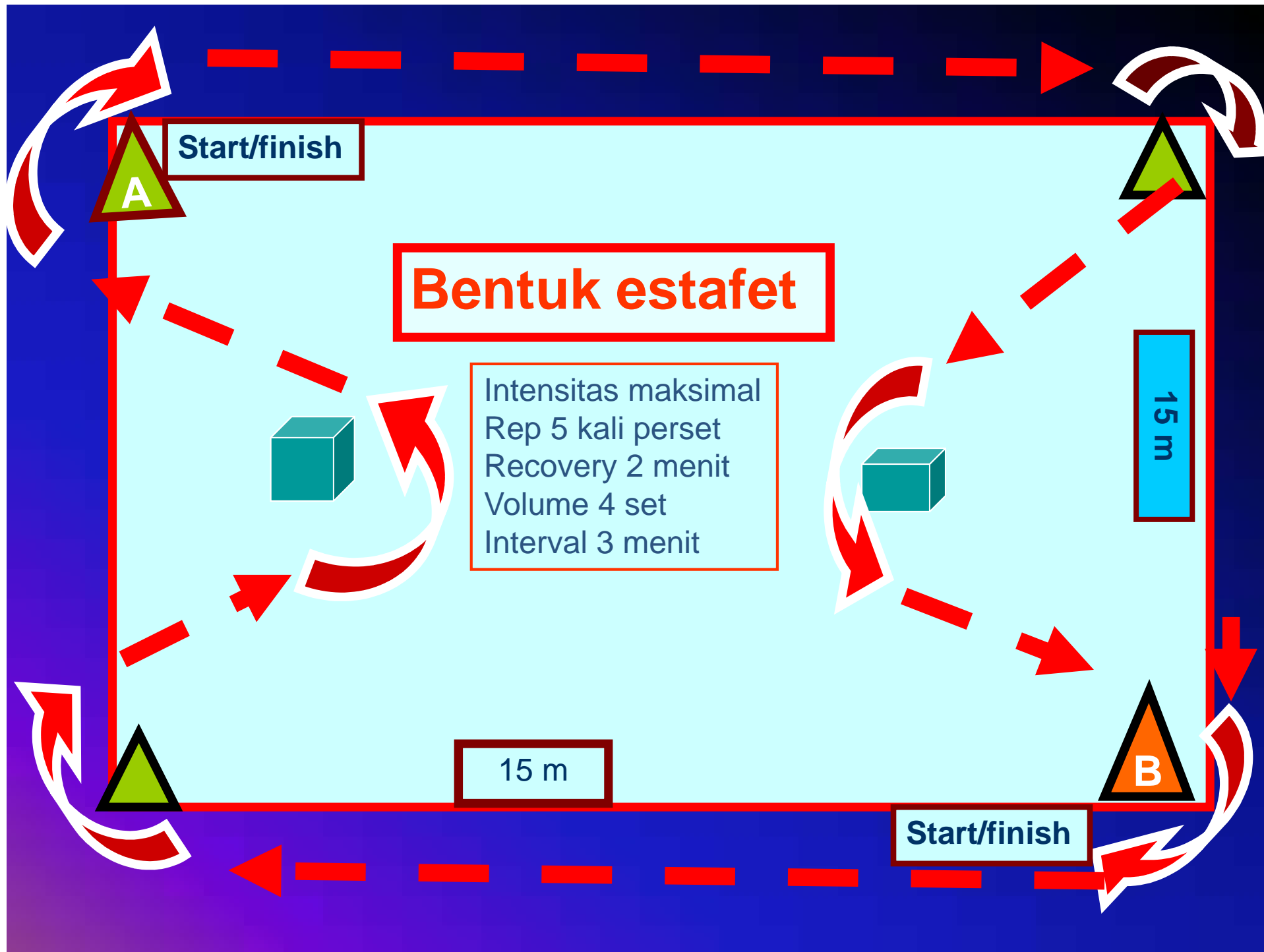
Start













Start

A

# Lari estafet

Intensitas maksimal  
Rep 5 kali per set  
Recovery 2 menit  
Volume 4 set  
Interval 3 menit

15 m

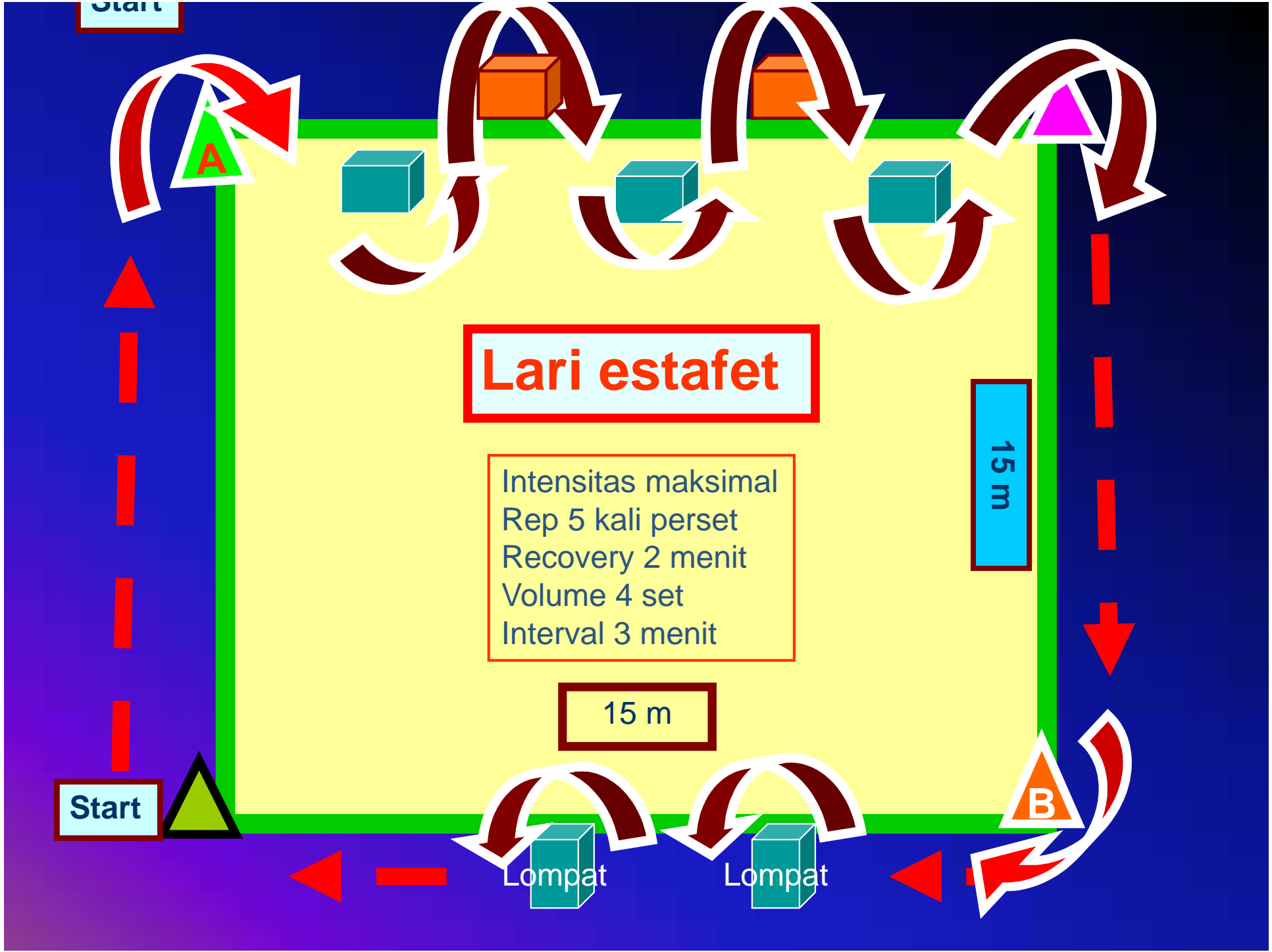
15 m

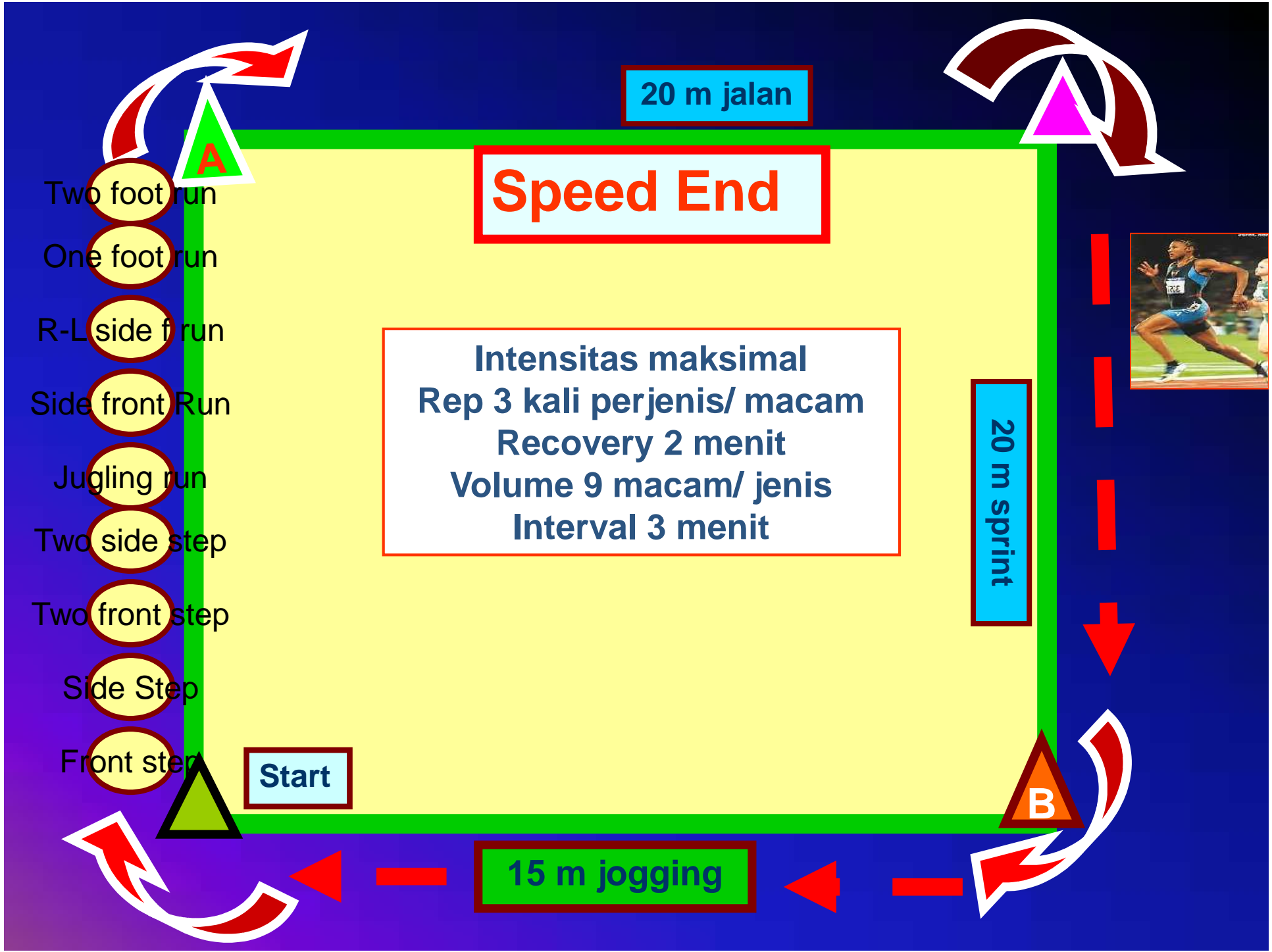
Start

B

Lompat

Lompat

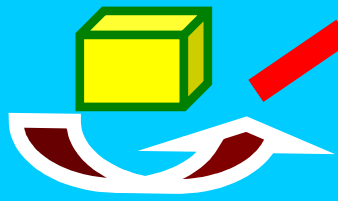




Start/ Finish



15 m



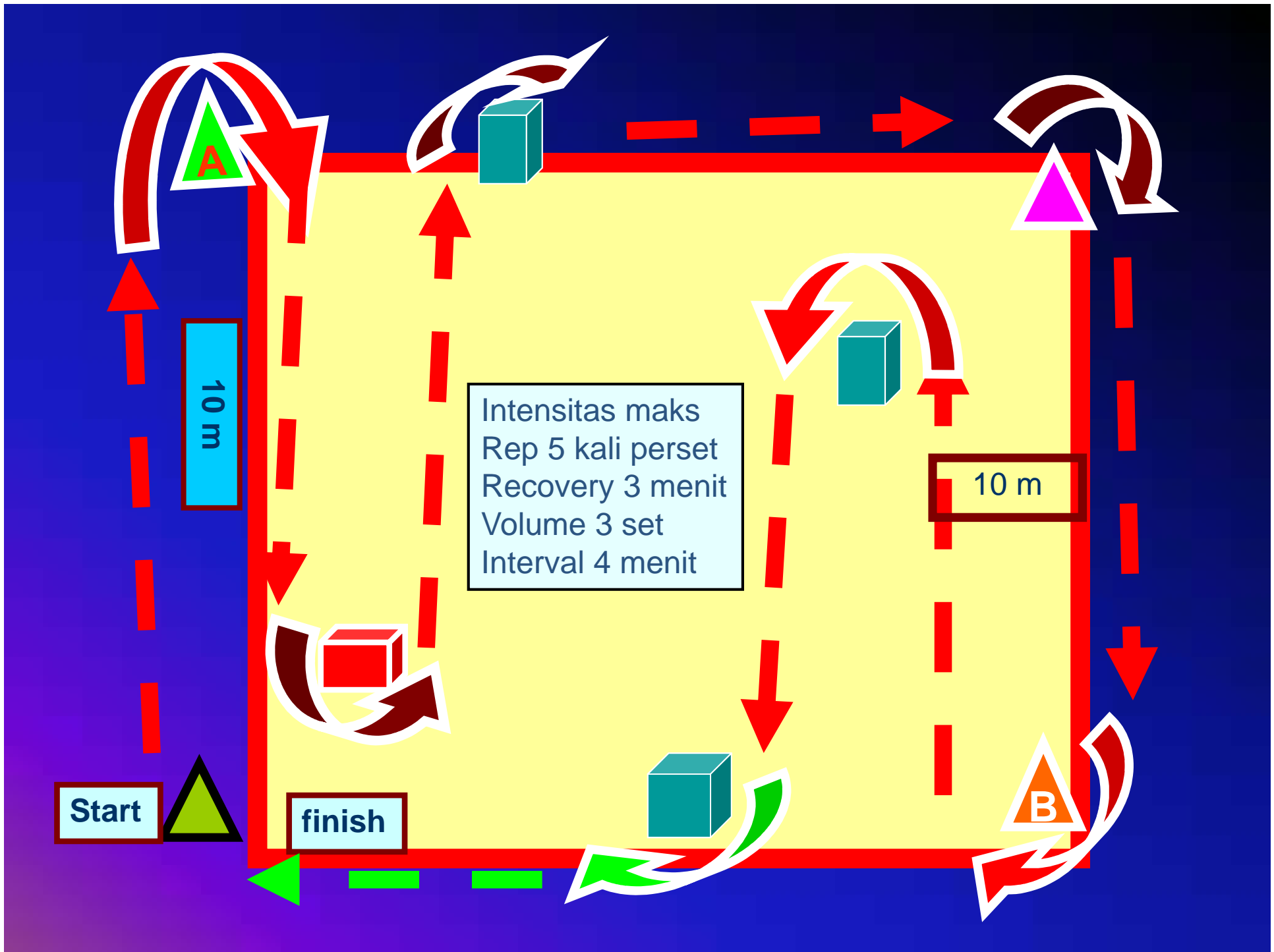
15 m

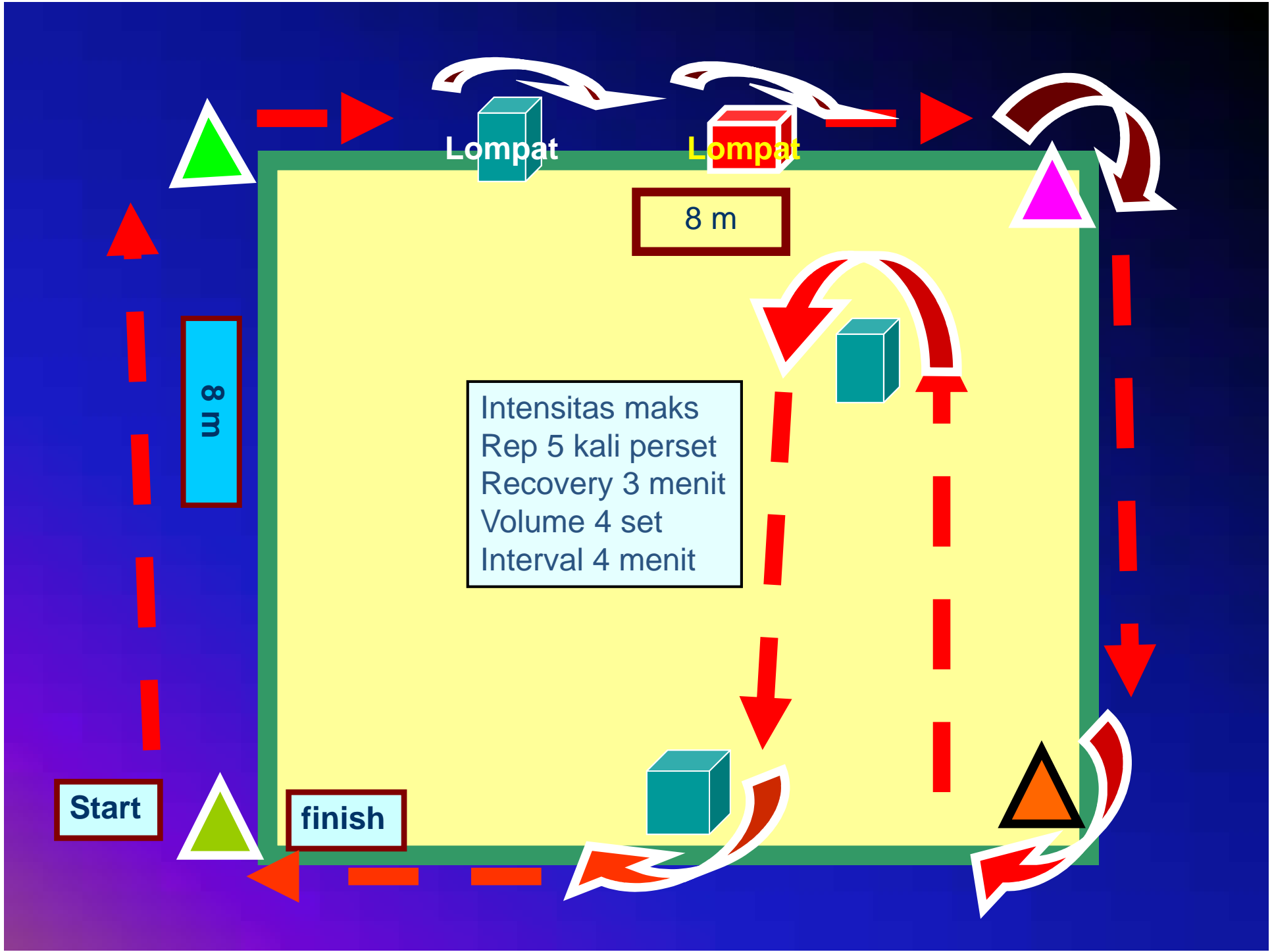


Start/ Finish

Intensitas maks  
Rep 5 kali/ set  
Recovery 1:6  
Volume 4 set  
Interval 3 menit

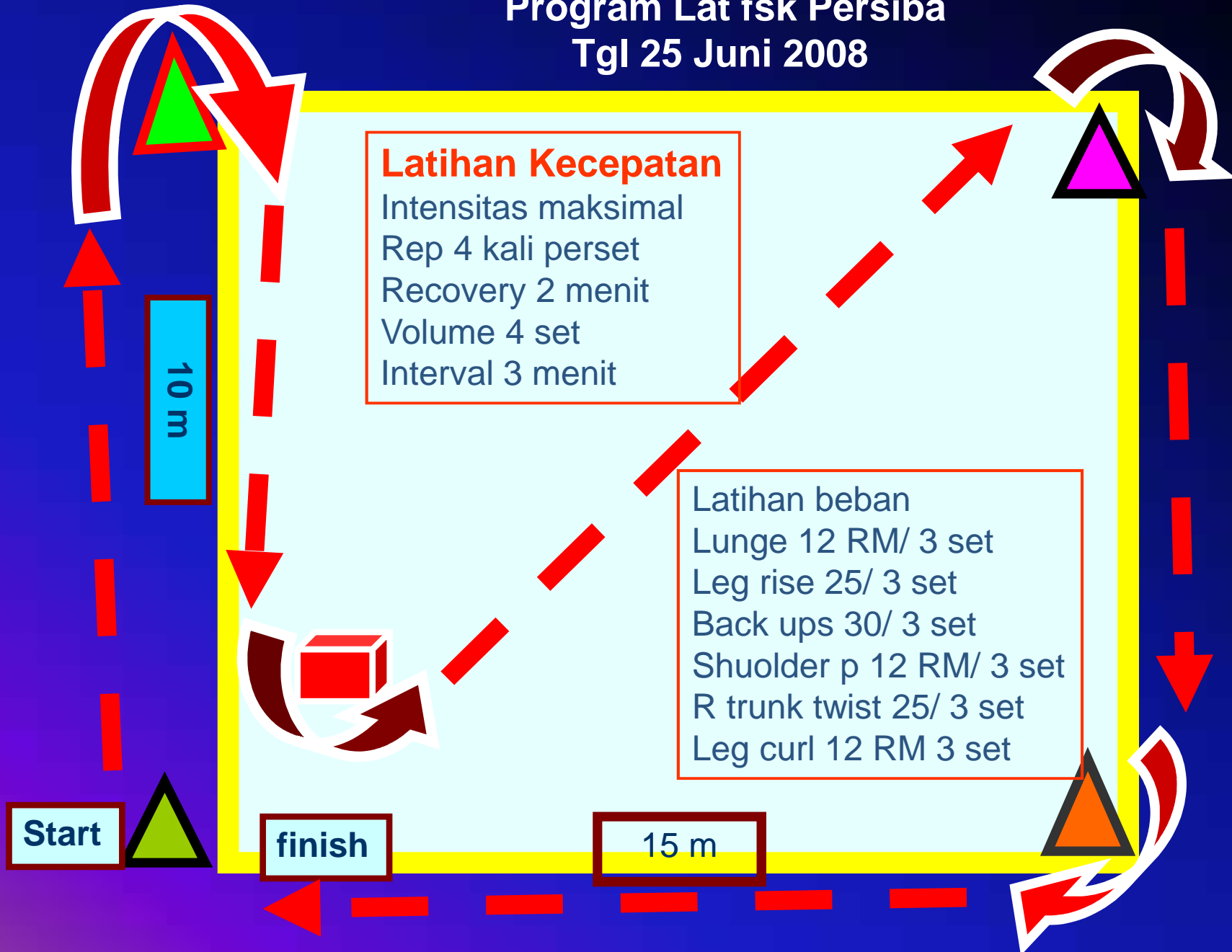




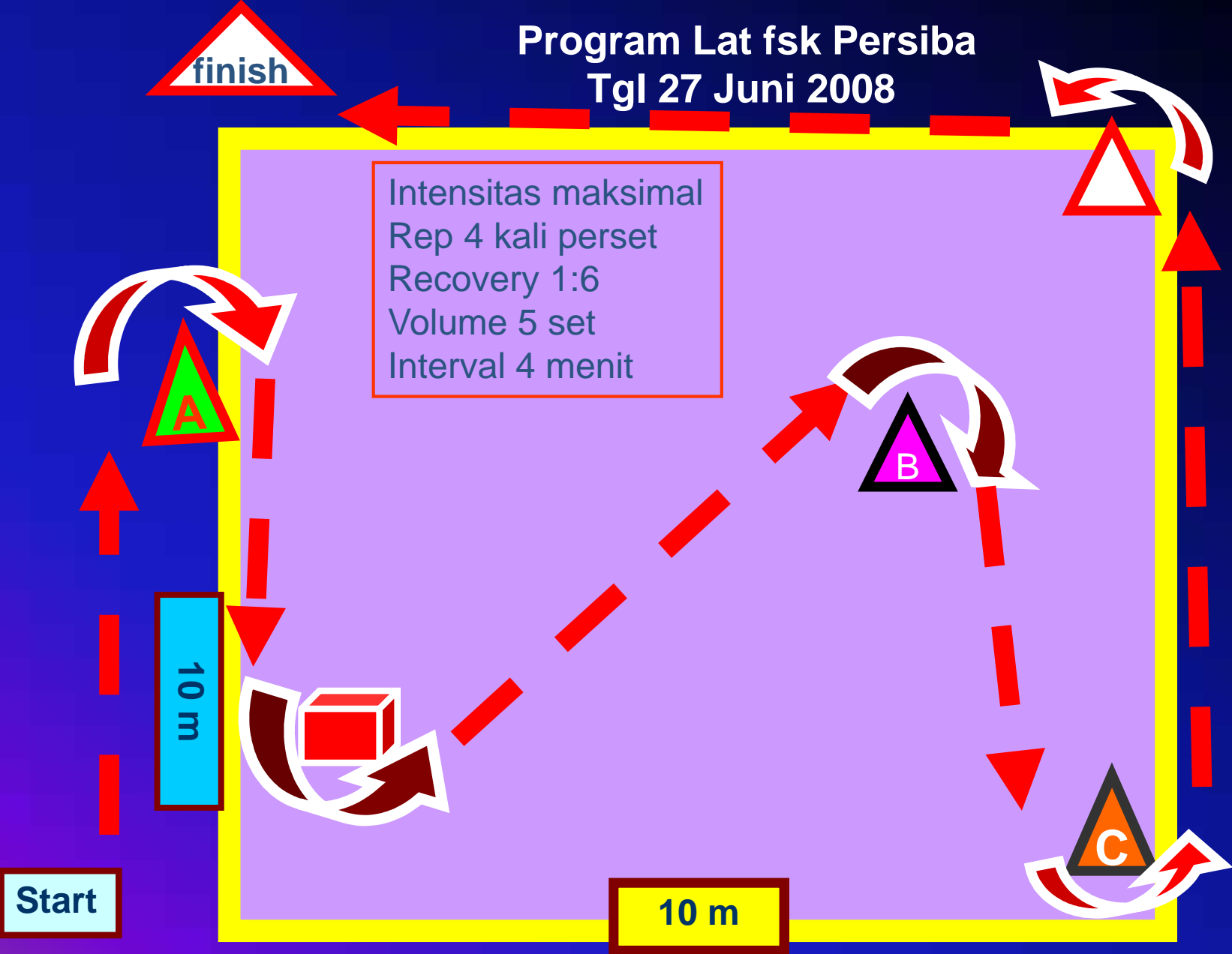




# Program Lat fsk Persiba Tgl 25 Juni 2008



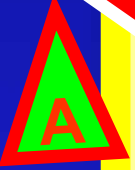
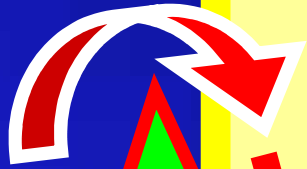
# Program Lat fsk Persiba Tgl 27 Juni 2008



# Program Lat fsk Persiba Tgl 30 Juni 2008

finish

Intensitas maksimal  
Rep 4 kali per set  
Recovery 1:6  
Volume 5 set  
Interval 4 menit



10 m

lompat



lompat

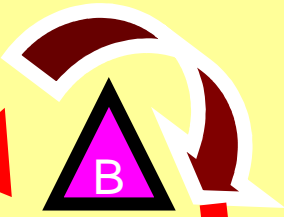
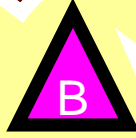


lompat



pancang

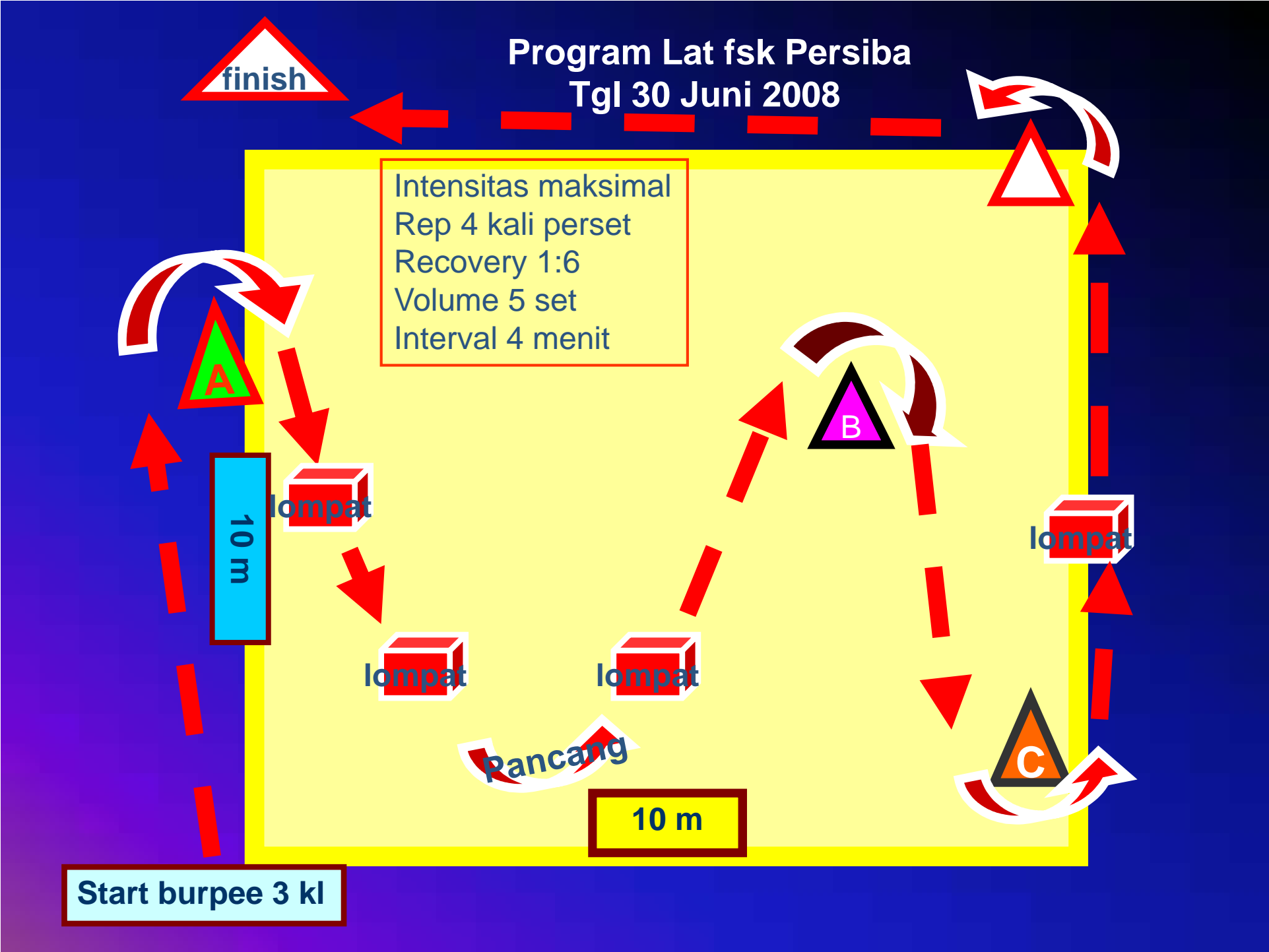
10 m



lompat



Start burpee 3 kl



# Program Lat fsk Persiba Tgl 1 Juli 2008

finish

Intensitas maksimal  
Rep 4 kali per set  
Recovery 1:6  
Volume 5 set  
Interval 4 menit

A

B

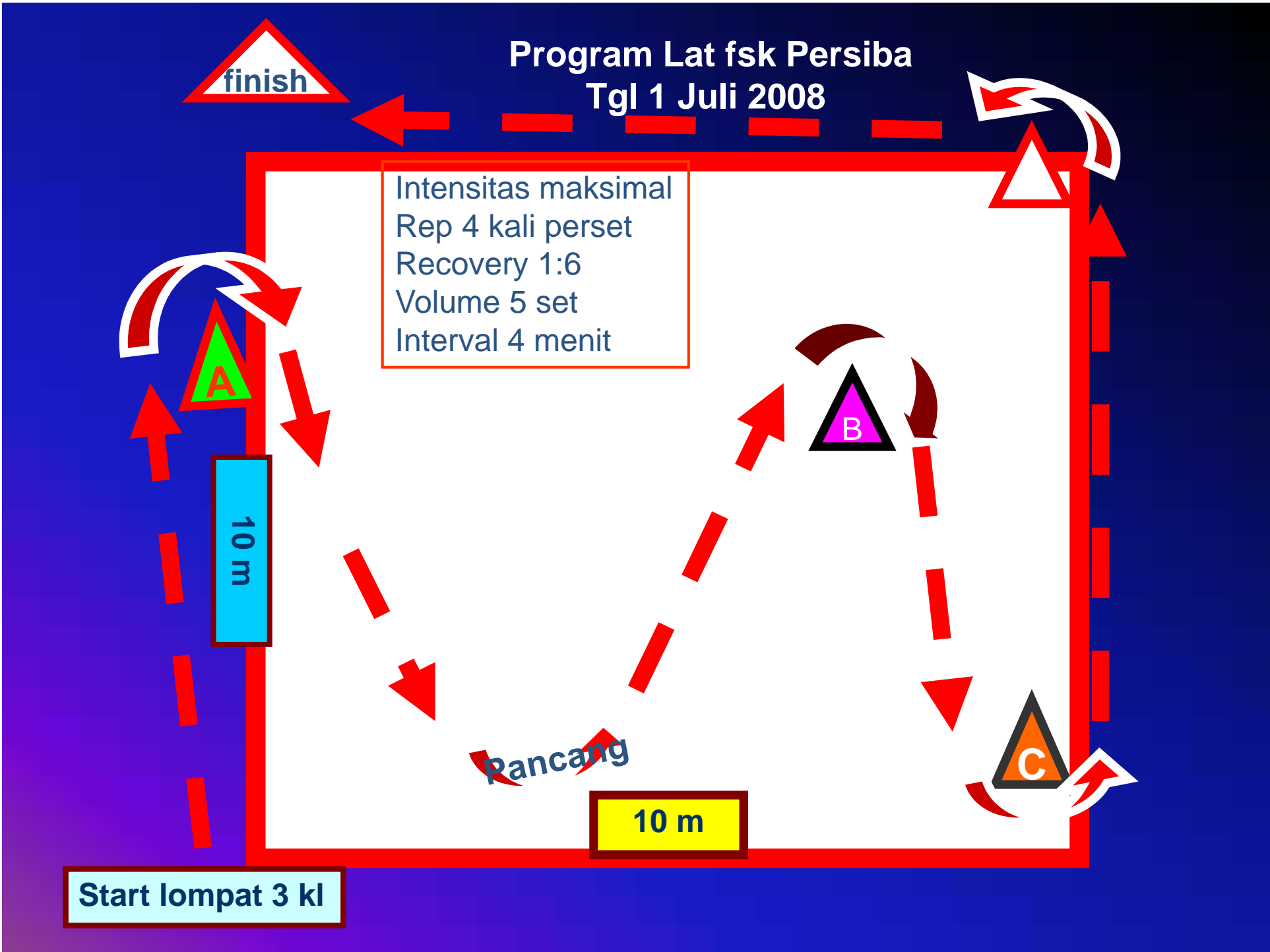
C

10 m

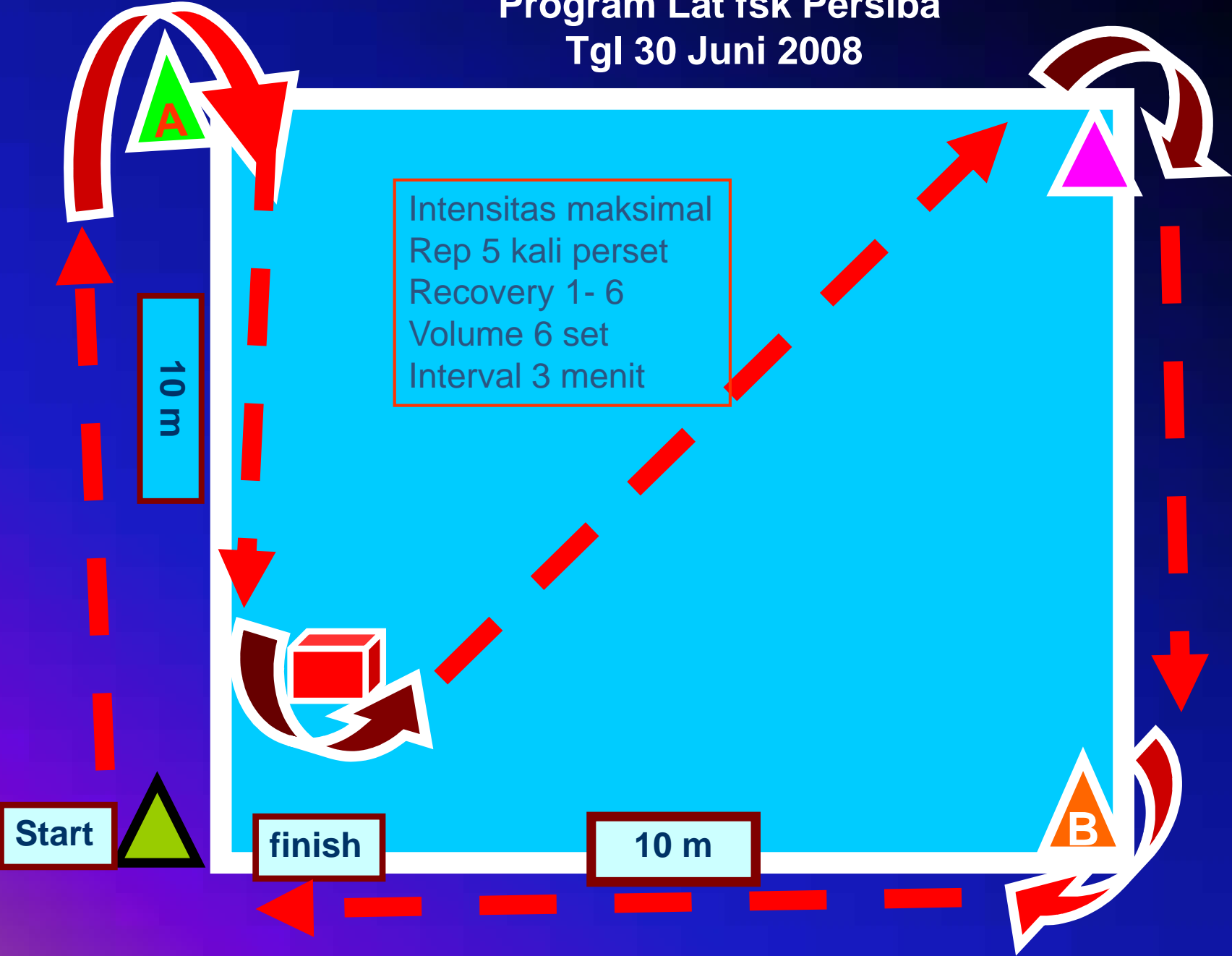
10 m

Pancang

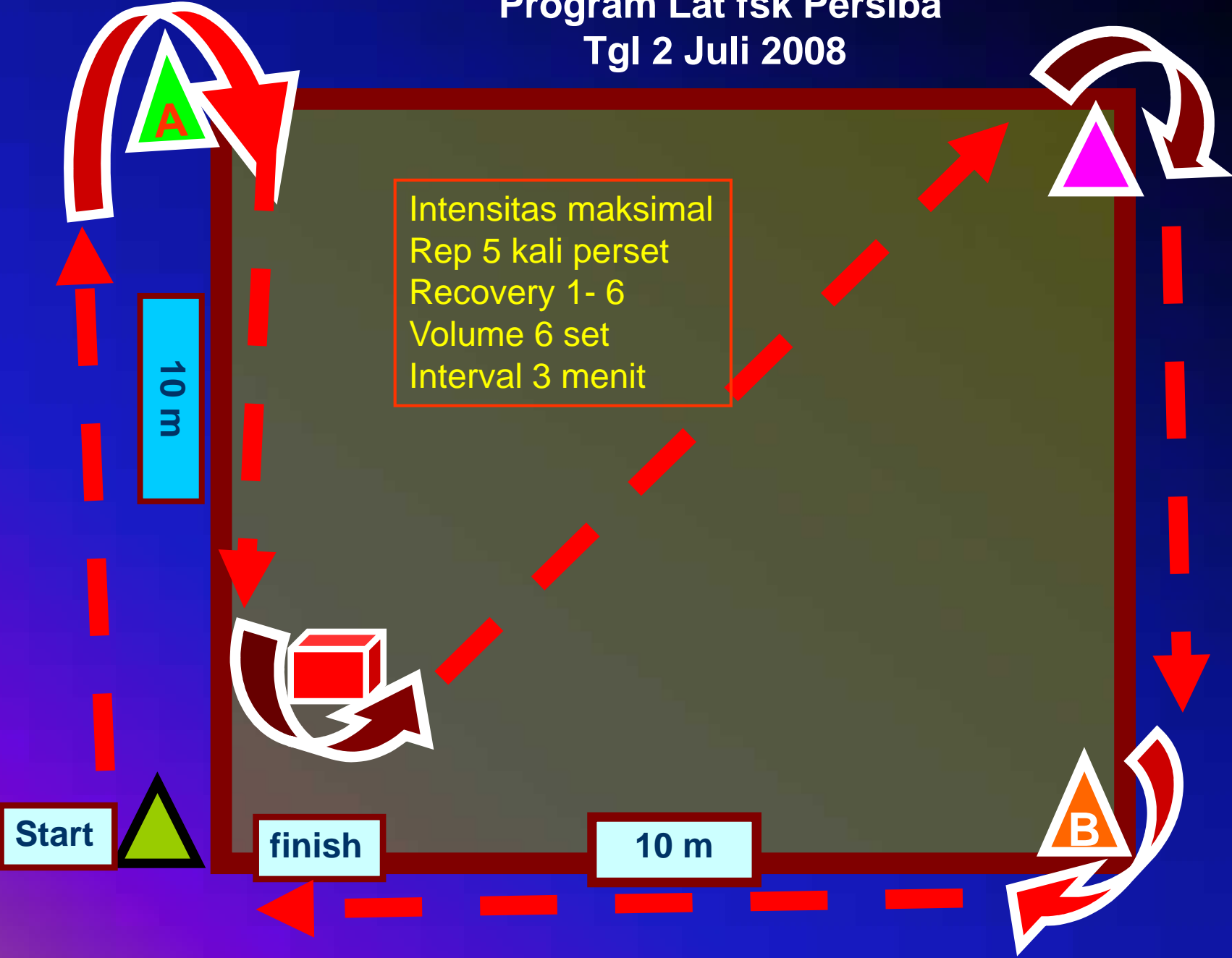
Start lompat 3 kl



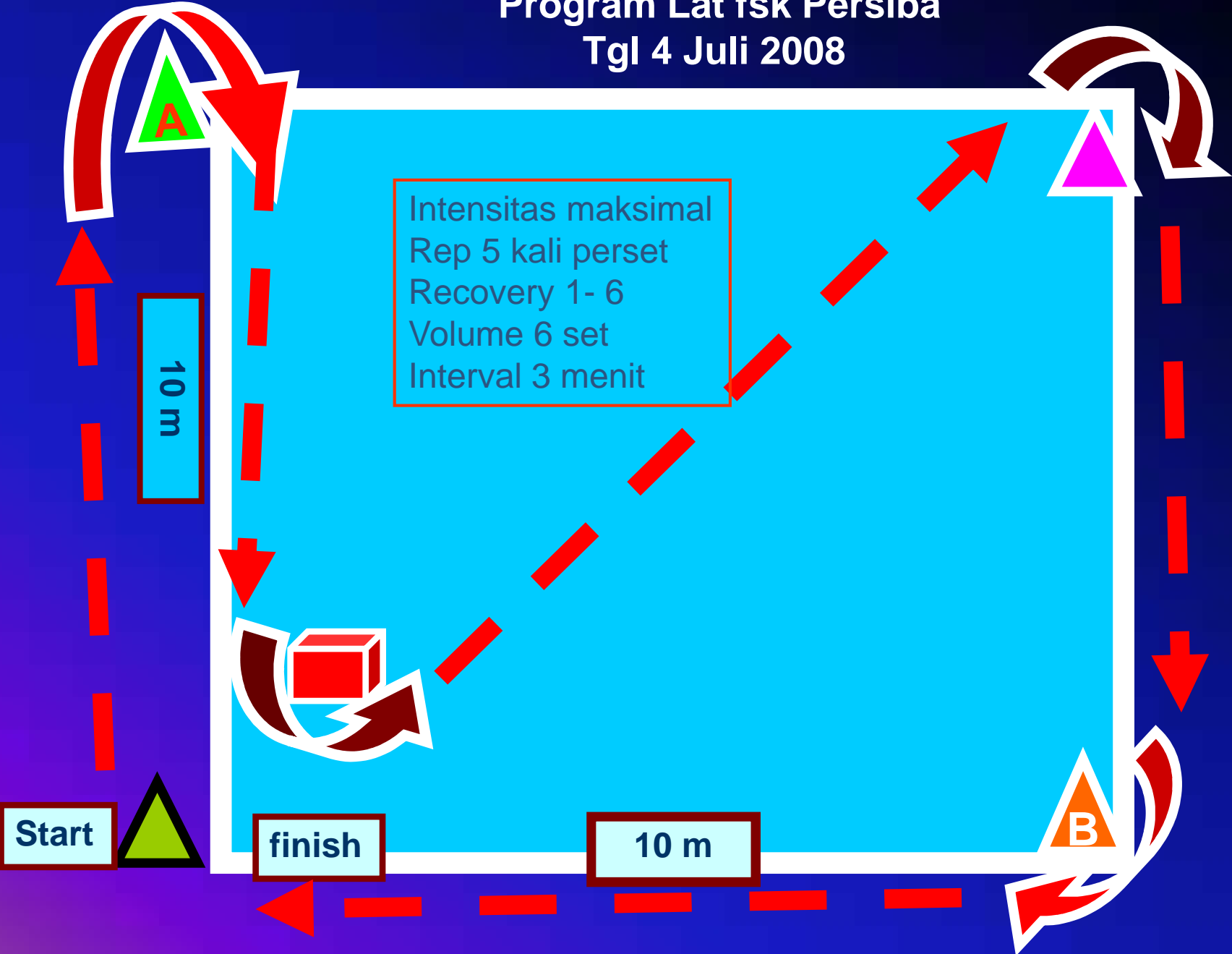
Program Lat fsk Persiba  
Tgl 30 Juni 2008



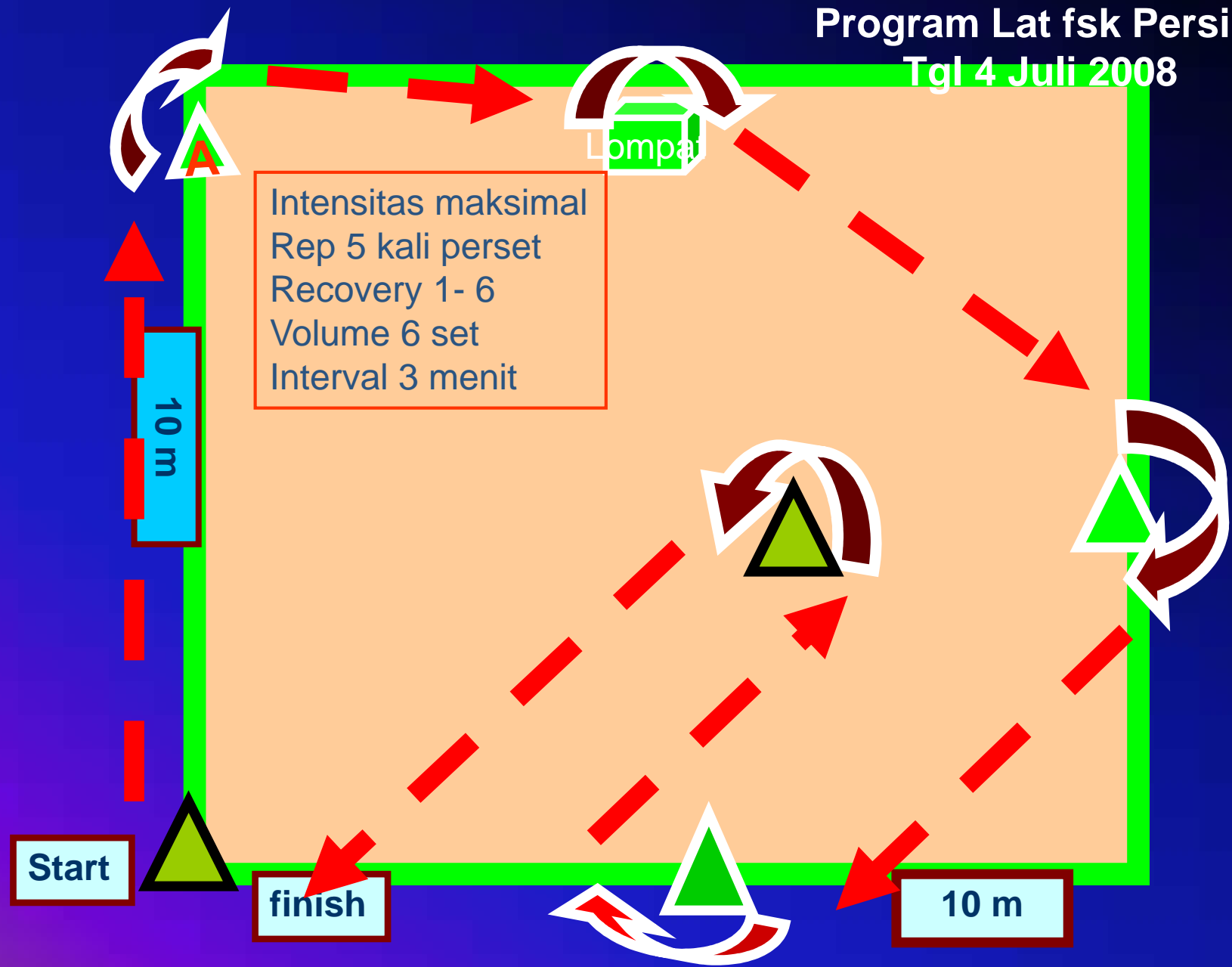
Program Lat fsk Persiba  
Tgl 2 Juli 2008



Program Lat fsk Persiba  
Tgl 4 Juli 2008

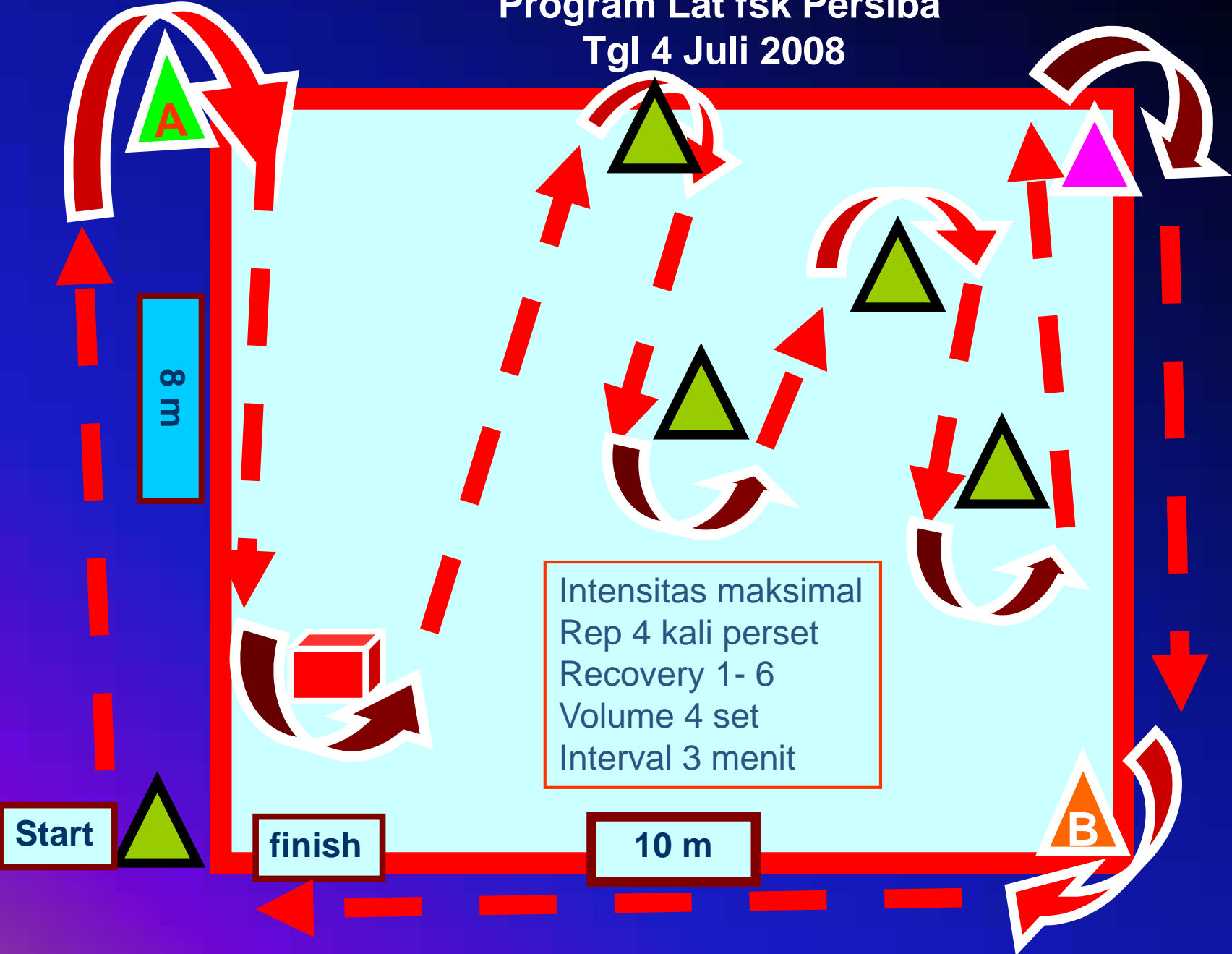


Program Lat fsk Persiba  
Tgl 4 Juli 2008





Program Lat fsk Persiba  
Tgl 4 Juli 2008



# Lari estafet

LAT FISIK PERSIBA  
30 JUNI 2008, JAM 15.00

Intensitas maksimal  
Rep 4 kali perset  
Recovery 2 menit  
Volume 3 set  
Interval 3 menit

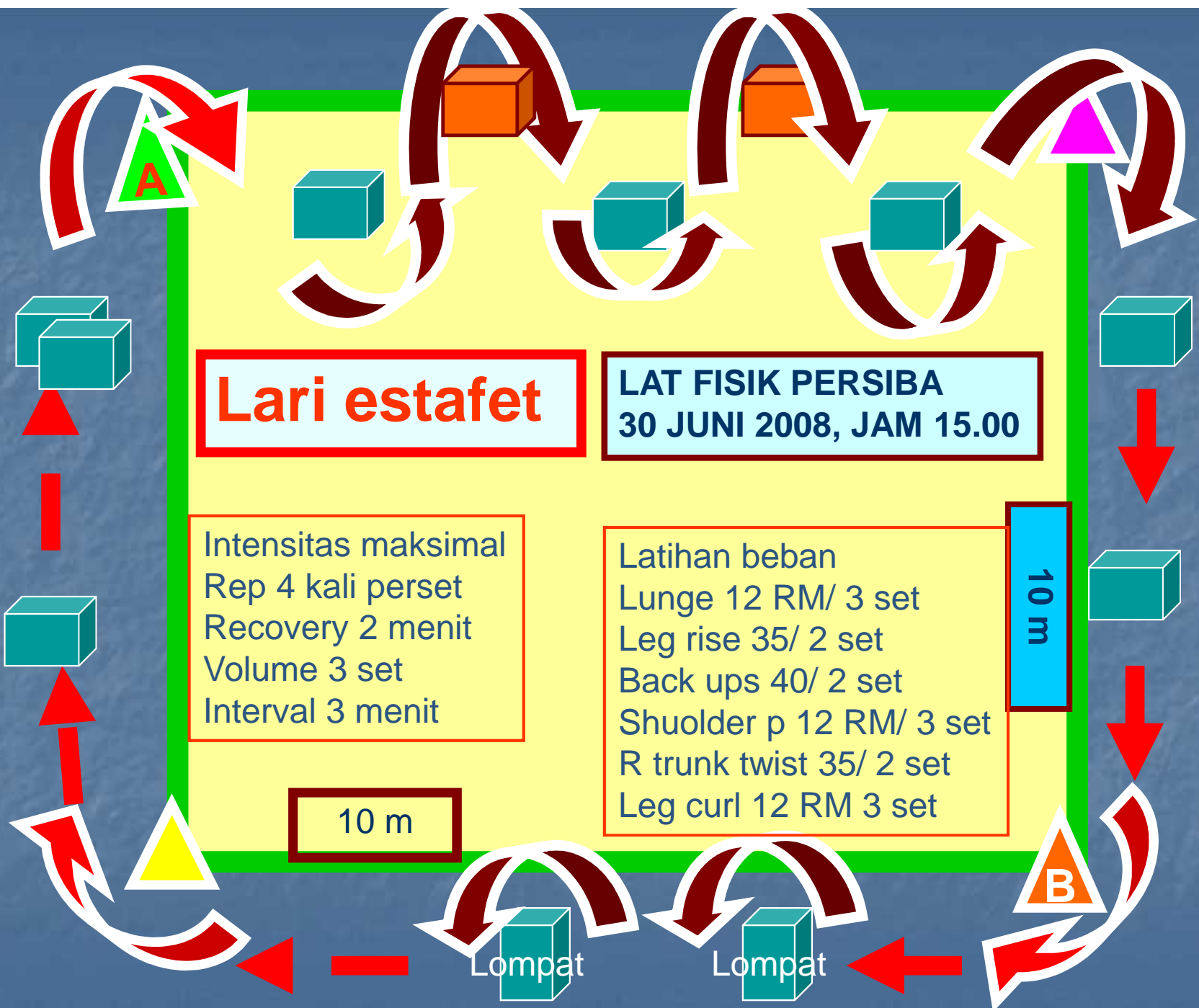
Latihan beban  
Lunge 12 RM/ 3 set  
Leg rise 35/ 2 set  
Back ups 40/ 2 set  
Shuolder p 12 RM/ 3 set  
R trunk twist 35/ 2 set  
Leg curl 12 RM 3 set

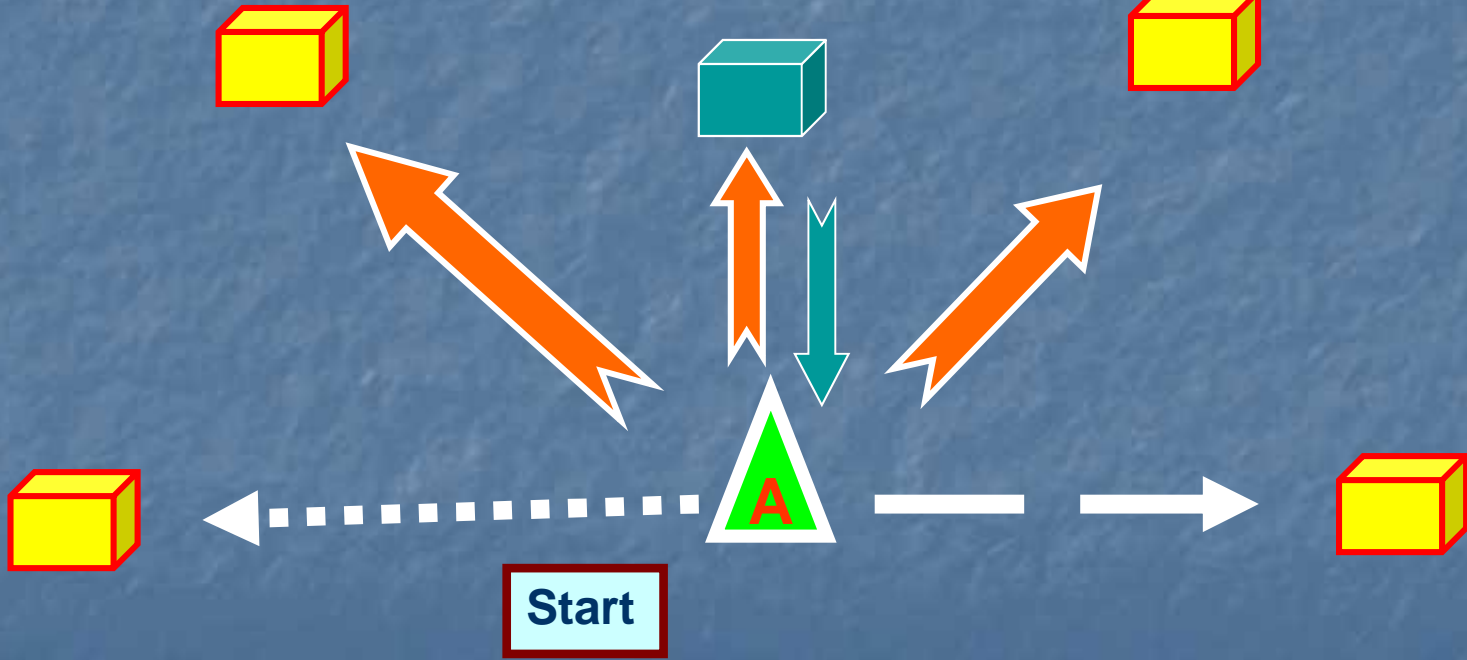
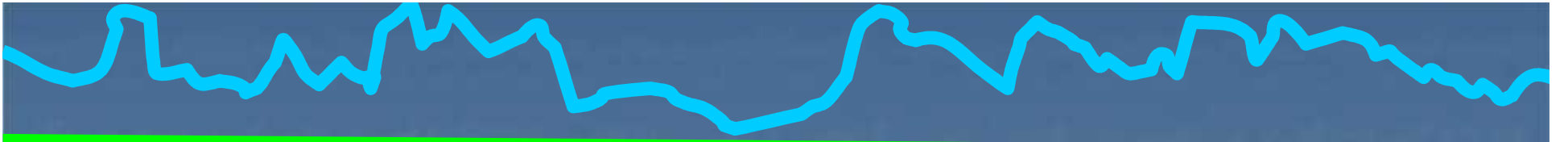
10 m

10 m

Lompat

Lompat





# LATIHAN 1



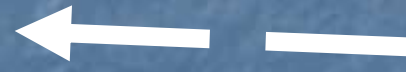
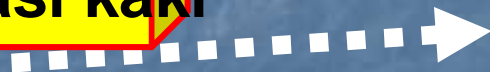
Shadow heading

Lompat kardus

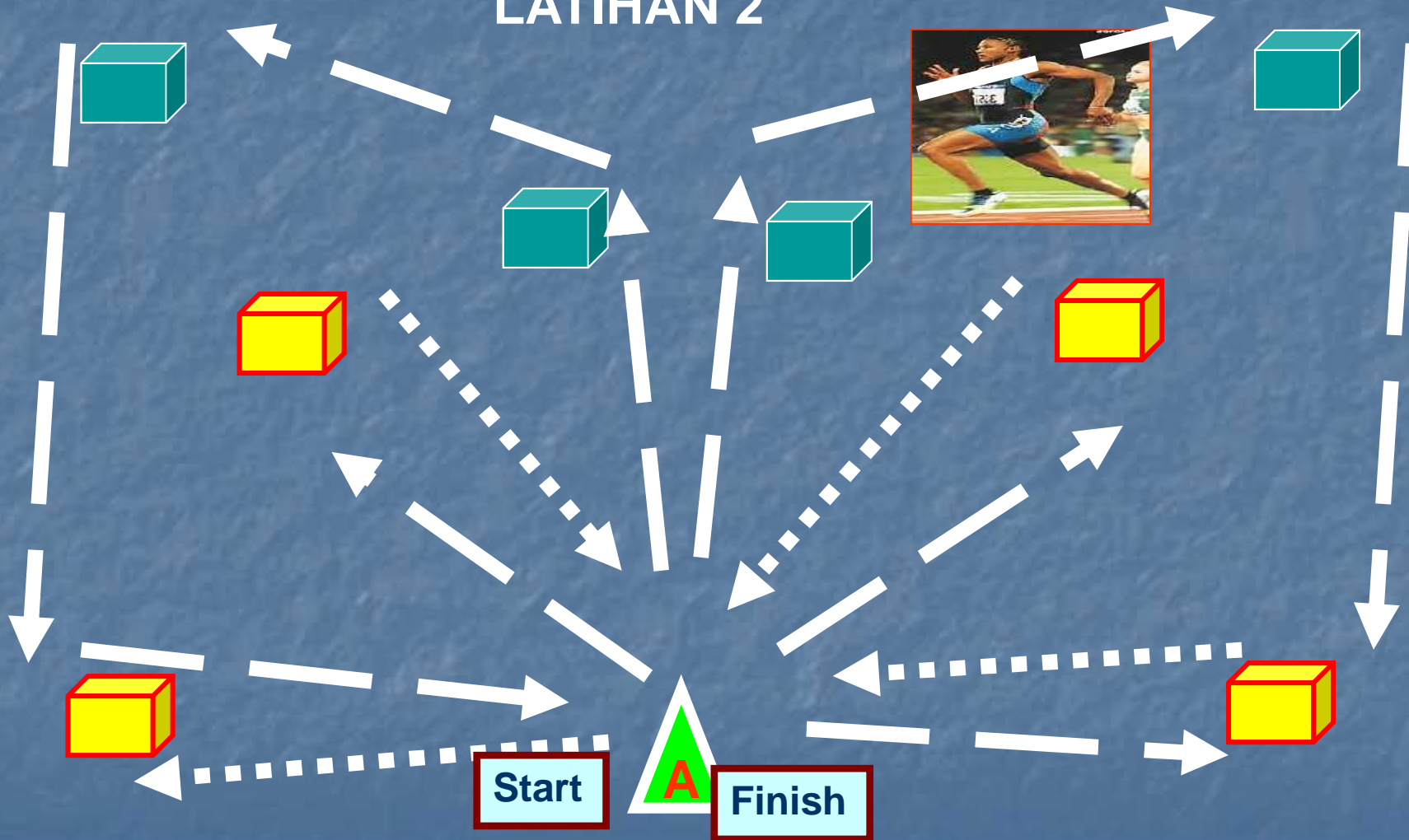
Squatrust

Koordinasi kaki

Lompat trobos



# LATIHAN 2



No.	Intens	Rep	Set	Rec	Inter
1	Maks	5/ set	3	1:10	4 mnt
2	Maks	4/ set	3	1:10	4 mnt
3	Maks	3/ set	3	1: 10	3 mnt

