

**PERENCANAAN PROGRAM LATIHAN LOMPAT HORIZONTAL
MASA PERSIAPAN KHUSUS/ PRA KOMP. 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	Abc Run & Acc.	Jog & Stride 15' 3 seri	
SL	23/10	Power Sp.	Speed Ex. 60 m Acc. x 5 RI 7'	
RB	24/10	Rest aktif/Fle Sp.	Teknik bag. LJ & Speed St.	
KMS	25/10	Rest aktif	Power tr.	
JMT	26/10	Abc run & Rileksasi	Teknik Bag./ TJ & Speed St.	
SBT	27/10	Tes Trial	Tes trial / Parameter	
MG	28/10	Rest aktif	Rest	
SE	29/10	Med.Ball/Plyo.	Ins & Outs (20m-30m-20m-30m) 5 x RI 8'	
SL	30/10	Power st.	Teknik TO/check mark awalan	
RB	31/10	Speed Punching	Teknik bagian / mendarat	
KMS	01/11	Power & speed	Time trial /speed	
JMT	02/11	senam	Check mark	
SBT	03/11	Kompetisi	Kompetisis	
MG	04/10	Kompetisis	Kompetisi	

Jakarta, 25 September 2007
Pelatih,