

Tabel 6. 28 Latihan fisik semester 2 (minggu 2)

H A R I	MATERI	H A R I	MATERI
SENIN	<p style="text-align: right; color: #c00000;">Motorik</p> <p>Pemanasan : - Stretching Statis, Jogging 5 mnt., Stretching Dinamis, Sprint 20m (3x).</p> <p>Inti : - Lader (3x7 jns). (20mnt) - Hijau-Hitam (10x) (10mnt) - Throw Tennis Ball (30m) 5x1'.(20mnt) - Side Step (multi bench) 4x1' (20mnt)</p> <p>Pendinginan : - Jogging 5 mnt., Relaksasi, Stretching Statis.</p>	KAMIS	<p style="text-align: right; color: #c00000;">Plyometrik</p> <p>Pemanasan : - Stretching Statis, Jogging 5 mnt., Stretching Dinamis, Sprint 20m (3x).</p> <p>Inti : - Squat Jump 5 x 30" (15mnt) - Squat Thrust 4 x 1' (15mnt) - Tuck Jump 5 x 30" (15mnt) - Clap Push Up (3x15) (15mnt)</p> <p>Pendinginan : - Jogging 5 mnt., Relaksasi, Stretching Statis.</p>
SELASA	<p style="text-align: right; color: #c00000;">Dy Tahan</p> <p>Pemanasan : - Stretching Statis, Jogging 5 mnt., Stretching Dinamis, Jumping Jack.</p> <p>Inti : - Game Beberapa Cabor Sepakbola, Futsal, Bolavoli, Bolabasket, Tenis meja, Tenis, dll - Sit-Up, Push-Up, Back-Up, (5x1')</p> <p>Pendinginan : - Jogging 5 mnt., Relaksasi, Stretching Statis.</p>	JUMAT	<p style="text-align: right; color: #c00000;">Dy Tahan</p> <p>Pemanasan : - Stretching Statis, Jogging 5 mnt., Stretching Dinamis, Jumping Jack.</p> <p>Inti : - Game Beberapa Cabor Sepakbola, Futsal, Bolavoli, Bolabasket, Tenis meja, Tenis, dll - Sit-Up, Push-Up, Back-Up, (5x1')</p> <p>Pendinginan : - Jogging 5 mnt., Relaksasi, Stretching Statis.</p>
RABU	<p style="text-align: right; color: #c00000;">Kekuatan</p> <p>Pemanasan : - Stretching Statis, Jogging 5 mnt., Stretching Dinamis, Sprint 20m (3x).</p> <p>Inti : - Push Up 1' (4x) (10mnt) - Sit Up 1' (4x) (10mnt) - Pull Up 1' (4x) (20mnt) - Tarik Tambang (2x10org) (20mnt)</p> <p>Pendinginan : - Jogging 5 mnt., Relaksasi, Stretching Statis.</p>	SABTU	<p style="text-align: right; color: #c00000;">Istirahat</p> <p style="text-align: center;">Off Season</p>

Tabel 6. 29 Latihan fisik semester 2 (minggu 3)

H A R I	MATERI	H A R I	MATERI
SENIN	<p style="text-align: right; color: #c00000;">Motorik</p> <p>Pemanasan : - Stretching Statis, Jogging 5 mnt., Stretching Dinamis, Sprint 20m (3x).</p> <p>Inti : - Body Twist Walk (20m) 2x3.* (10mnt) - Russian Dance (5x30") (20mnt) - One Leg Lateral Box (3x1') (20mnt) - Walking on the block (20m) (10mnt)</p> <p>Pendinginan : - Jogging 5 mnt., Relaksasi, Stretching Statis.</p>	KAMIS	<p style="text-align: right; color: #c00000;">Plyometrik</p> <p>Pemanasan : - Stretching Statis, Jogging 5 mnt., Stretching Dinamis, Sprint 20m (3x).</p> <p>Inti : - Jump Rope (1-2) 3 x 1' (20mnt) - Med.Ball Throw (5kg) 10x2 (20mnt) - Tuck Jump 4 x 30" (15mnt) - Clap Push Up (3x15) (15mnt)</p> <p>Pendinginan : - Jogging 5 mnt., Relaksasi, Stretching Statis.</p>
SELASA	<p style="text-align: right; color: #c00000;">Dy Tahan</p> <p>Pemanasan : - Stretching Statis, Jogging 5 mnt., Stretching Dinamis, Jumping Jack.</p> <p>Inti : - Game Beberapa Cabor Sepakbola, Futsal, Bolavoli, Bolabasket, Tenis meja, Tenis, dll - Sit-Up, Push-Up, Back-Up, (5x1')</p> <p>Pendinginan : - Jogging 5 mnt., Relaksasi, Stretching Statis.</p>	JUMAT	<p style="text-align: right; color: #c00000;">Dy Tahan</p> <p>Pemanasan : - Stretching Statis, Jogging 5 mnt., Stretching Dinamis, Jumping Jack.</p> <p>Inti : - Game Beberapa Cabor Sepakbola, Futsal, Bolavoli, Bolabasket, Tenis meja, Tenis, dll - Sit-Up, Push-Up, Back-Up, (5x1')</p> <p>Pendinginan : - Jogging 5 mnt., Relaksasi, Stretching Statis.</p>
RABU	<p style="text-align: right; color: #c00000;">Kekuatan</p> <p>Pemanasan : - Stretching Statis, Jogging 5 mnt., Stretching Dinamis, Sprint 20m (3x).</p> <p>Inti : - Push Up 1' (4x) (10mnt) - Sit Up 1' (4x) (10mnt) - Pull Up 1' (4x) (20mnt) - Bentengan (20mnt)</p> <p>Pendinginan : - Jogging 5 mnt., Relaksasi, Stretching Statis.</p>	SABTU	<p style="text-align: right; color: #c00000;">Istirahat</p> <p style="text-align: center;">Off Season</p>

Tabel 6. 30 Latihan fisik semester 2 (minggu 4)

H A R I	MATERI	H A R I	MATERI
SENIN	<p style="text-align: right; color: #D2691E;">Motorik</p> <p>Pemanasan : - Stretching Statis, Jogging 5 mnt., Stretching Dinamis, Sprint 20m (3x).</p> <p>Inti : - Running ABC (20mnt) - Jalan Jinjit di Atas Garis (10mnt) - Jalan Tumuit di Atas Garis (20mnt) - Stretching Seluruh Tubuh (20mnt) (Sendiri & Berpasangan)</p> <p>Pendinginan : - Jogging 5 mnt., Relaksasi, Stretching Statis.</p>	KAMIS	<p style="text-align: right; color: #D2691E;">Plyometrik</p> <p>Pemanasan : - Stretching Statis, Jogging 5 mnt., Stretching Dinamis, Sprint 20m (3x).</p> <p>Inti : - Squat Jump 5 x 30" (20mnt) - Squat Thrust 4 x 1' (20mnt) - Tuck Jump 5 x 30" (20mnt) - Clap Push Up (3x15) (15mnt)</p> <p>Pendinginan : - Jogging 5 mnt., Relaksasi, Stretching statis.</p>
SELASA	<p style="text-align: right; color: #D2691E;">Dy Tahan</p> <p>Pemanasan : - Stretching Statis, Jogging 5 mnt., Stretching Dinamis, Jumping Jack.</p> <p>Inti : - Game Beberapa Cabor Sepakbola, Futsal, Bolavoli, Bolabasket, Tenis meja, Tenis, dll - Sit-Up, Push-Up, Back-Up, (5x1')</p> <p>Pendinginan : - Jogging 5 mnt., Relaksasi, Stretching Statis.</p>	JUMAT	<p style="text-align: right; color: #D2691E;">Dy Tahan</p> <p>Pemanasan : - Stretching Statis, Jogging 5 mnt., Stretching Dinamis, Jumping Jack.</p> <p>Inti : - Game Beberapa Cabor Sepakbola, Futsal, Bolavoli, Bolabasket, Tenis meja, Tenis, dll - Sit-Up, Push-Up, Back-Up, (5x1')</p> <p>Pendinginan : - Jogging 5 mnt., Relaksasi, Stretching Statis.</p>
RABU	<p style="text-align: right; color: #D2691E;">Kekuatan</p> <p>Pemanasan : - Stretching Statis, Jogging 5 mnt., Stretching Dinamis, Sprint 20m (3x).</p> <p>Inti : - Push Up 1' (4x) (15mnt) - Sit Up 1' (4x) (15mnt) - Back Up 1' (4x) (15mnt) - Pull Up 1' (4x) (20mnt)</p> <p>Pendinginan : - Jogging 5 mnt., Relaksasi, Stretching Statis.</p>	SABTU	<p style="text-align: right; color: #D2691E;">Istirahat</p> <p style="text-align: center;">Off Season</p>

Catatan:

- *Intensitas dan volume latihan fisik selama semester 2 bersifat fleksibel*
- *Program latihan bulanan adalah pengulangan latihan mingguan*