

Training Unit Kantor Pencarian dan Pertolongan Jakarta Tahun 2019

Tahap: Intermediate
Pelaksanaan: Minggu 1&2

Hari	SELASA	Waktu
Tanggal		
Sesi / Jam	09:00 sd 11:00	90'
Tujuan Latihan	Endurance	
Warm Up	Statis & Dinamis Joging 2kl x 400m	10"
Inti	eks LOW & Medium 2400 M X 400m	60
	3set X 300M, 200M, 100M. Push Up reg 3set x 25rep Sit Up reg 3Set X 25rep Back Up reg 3 Set X 25 rep Squat Pasanganan 3Set x 10rep	10
Cool Down	Strech Single Static Aktf Dinamis	10

Tahap: Intermediate
Pelaksanaan: Minggu 1&2

Hari	KAMIS	Waktu
Tanggal		
Sesi / Jam	09:00 sd 11:00	120
Tujuan Latihan	Adaptasi Anatomi	
Warm Up	Statis & Dinamis Joging 2kl x 400m Kordinasi 1 arah Angkling, Kicking, Kick Back, Carioca, Little Hop, Buka Tepuk 6 set	20"
Inti	Eks Low sd Med 3Set 12,16,18rep	
	-Push Up Kom, Single crunch Mb 2kg Back Up Regular, Squat Rubber -Tricep Push, Bicycle Crunch, Leg rise Front lunges Mb 2kg -Shoulder Press rubber, Sit Up Regular Twist Mb 2kg Diagonal Back Up, Hamstring curl Mb 2kg Core lev 1-9 2Set 15,20dtk	80
Cool Down	Strech Single Static Aktf Dinamis Jog Relax	20"

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Tahap: Intermediate
Pelaksanaan: Minggu 3&4

Hari	SELASA	Waktu
Tanggal		
Sesi / Jam	09:00 sd 11:00	
Tujuan Latihan	An Aerobic	120
Warm Up	Statis & Dinamis Joging 2kl x 400m Kordinasi 1 arah Angkling, Kicking, Kick Back, Carioca, Little Hop, Buka Tepuk 6 set	20
Inti	Eks Low 300m x 3set 200M x 3set 100M x 3set 30m x 8Set Fly Push 20rep X 3Set V Sit Up 20Rep X 3 Set diagonal Back Up X 3 Set	90"
Cool Down	Stretch Single Static Aktif Dinamis Jog Relax	10"

Tahap: Intermediate
Pelaksanaan: Minggu 3&4

Hari	KAMIS	Waktu
Tanggal		
Sesi / Jam	09:00 sd 11:00	
Tujuan Latihan	An Aerobic	120
Warm Up	Statis & Dinamis Joging 2kl x 400m Kordinasi 1 arah Angkling, Kicking, Kick Back, Carioca, Little Hop, Buka Tepuk 6 set	20"
Inti	Eks Low 300m x 3set 200M x 3set 100M x 3set 30m x 8Set Fly Push 20rep X 3Set V Sit Up 20Rep X 3 Set diagonal Back Up X 3 Set	80"
Cool Down	stretch Statis Pasif Dinamis joging Relax	20"

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Tahap: Intermediate
Pelaksanaan: Minggu 5&6

Hari	SELASA	Waktu
Tanggal		
Sesi / Jam	09:00 sd 11:00	120
Tujuan Latihan	Strength Training	
Warm Up	Statis & Dinamis Joging 2kl x 400m Kordinasi 1 arah Angkling, Kicking, Kick Back, Carioca, Little Hop, Buka Tepuk 6 set	30
Inti	Eks Low sd Med 3Set 12,16,18rep -Push Up Kom, Single crunch Mb 2kg Back Up Regular, Squat Rubber -Tricep Push, Bicycle Crunch, Leg rise Front lunges Mb 2kg -Shoulder Press rubber, Sit Up Regular Twist Mb 2kg Diagonal Back Up, Hamstring curl Mb 2kg Core lev 1-9 2Set 15,20dtk	80"
Cool Down	Stretch Single Static Aktif Dinamis Jog Relax	10"

Tahap: Intermediate
Pelaksanaan: Minggu 5&6

Hari	KAMIS	Waktu
Tanggal		
Sesi / Jam	09:00 sd 11:00	60"
Tujuan Latihan	Strength Training	
Warm Up	Statis & Dinamis Joging 2kl x 400m Kordinasi 1 arah Angkling, Kicking, Kick Back, Carioca, Little Hop, Buka Tepuk 6 set	20
Inti	Eks Low sd Med 3Set 12,16,18rep -Push Up Kom, Single crunch Mb 2kg Back Up Regular, Squat Rubber -Tricep Push, Bicycle Crunch, Leg rises, Front lunges Mb 2kg -Shoulder Press rubber, Sit Up Regular Twist Mb 2kg Diagonal Back Up, Hamstring curl Mb 2kg Core lev 1-7 2Set 15,20dtk	30"
Cool Down	stretch Statis Pasif Dinamis jogging Relax	10"

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Tahap: Intermediate
Pelaksanaan: Minggu 7&8

Hari	SELASA	Waktu
Tanggal		
Sesi / Jam	09:00 sd 11:00	90"
Tujuan Latihan	An Aerobic	
Warm Up	Statis & Dinamis Joging 2kl x 400m Kordinasi 1 arah Angkling, Kicking, Kick Back, Carioca, Little Hop, Buka Tepuk 6 set	20"
Inti	Eks Low 300m x 3set 200M x 3set 100M x 3set 30m x 8Set Fly Push 20rep X 3Set V Sit Up 20Rep X 3 Set diagonal Back Up X 3 Set	60"
Cool Down	strech Statis Pasif Dinamis joging Relax	10"

Tahap: Intermediate
Pelaksanaan: Minggu 7&8

Hari	KAMIS	Waktu
Tanggal		
Sesi / Jam	09:00 sd 11:00	120
Tujuan Latihan	Aerob	
Warm Up	Statis & Dinamis Joging 2kl x 400m Kordinasi 1 arah Angkling, Kicking, Kick Back, Carioca, Little Hop, Buka Tepuk 6 set	20"
Inti	Fartlek Run 60" Game Kucing 2an Push Up Kom x 3set x 15rep Leg rises x 3set x 15rep Rubber Tarik 3 Set x 20rep	80"
Cool Down	strech Statis Pasif Dinamis joging Relax	10"