

## **BAB III**

### **METODOLOGI PENELITIAN**

#### **A. Metode Penelitian**

Dalam sebuah penelitian ilmiah dalam mencapai tujuannya selalu menggunakan metode. Metode yang tepat akan akan membantu dalam keberhasilan suatu penelitian. Bentuk dan jenis metode penelitian yang digunakan biasanya disesuaikan dengan tujuan yang ingin dicapai dari sebuah penelitian. Metode dalam Kamus Besar Bahasa Indonesia (KBBI) adalah cara teratur yang digunakan untuk melaksanakan suatu pekerjaan agar tercapai sesuai dengan yang dikehendaki atau cara kerja yang bersistem untuk memudahkan pelaksanaan suatu kegiatan guna mencapai tujuan yang ditentukan.

Dalam menyelesaikan suatu penelitian biasanya terdapat berbagai jenis metode penelitian yang digunakan. Sugiyono (2009) menjelaskan “Bila dilihat dari tingkat kealamiah (*setting*) tempat penelitian terdapat tiga metode penelitian, yaitu penelitian eksperimen, survey dan naturalistik (kualitatif)”. Dalam penelitian ini penulis menggunakan metode penelitian eksperimen. Mengenai metode penelitian eksperimen Sugiyono (2009) menjelaskan :

Metode penelitian eksperimen adalah metode penelitian yang digunakan untuk mencari pengaruh perlakuan tertentu terhadap yang lain dalam kondisi yang terkendali. Dalam penelitian eksperimen ada perlakuan (*treatment*), sedangkan dalam penelitian naturalistik/kualitatif tidak ada perlakuan.

Jadi penulis menggunakan metode penelitian eksperimen karena di dalam penelitian ini terdapat *treatment* atau perlakuan. Dalam penelitian ini tidak terdapat kelompok kontrol.

#### **B. Teknik Pengolahan Data**

Setelah data diperoleh, maka akan dilakukan pengolahan dan analisis data, supaya memperoleh informasi yang jelas untuk menguji hipotesis dan

menyimpulkan hasil penelitian. Pengolahan data dilakukan dengan metode statistka agar diperoleh hasil yang tepat. Teknik pengolahan data dalam penelitian ini menggunakan penghitungan komputerisasi program SPSS (*Statistical Product Service Solutions*) dengan alasan bahwa program ini memiliki kemampuan analisis statistik cukup tinggi serta sistem manajemen data pada lingkungan grafis menggunakan menu-menu dekriptif dan kotak-kotak dialog sederhana, sehingga mudah dipahami cara pengoperasiannya (Sugianto, 2007: 1).

Pengolahan data menurut Hasan (2006:24) meliputi kegiatan:

1. *Editing*, yaitu memeriksa kembali kebenaran data yang diperoleh atau dikumpulkan.
2. *Coding* (Pengkodean), yaitu memberikan kode *numeric* (angka) terhadap data yang terdiri dari beberapa kategori.
3. Pemberian skor atau nilai
4. Tabulasi, yaitu membuat tabel-tabel yang berisi data dan diberi kode sesuai dengan kebutuhan analisis.

Sudjana (1989) menjelaskan rumus-rumus statistika yang digunakan dalam pengolahan data adalah sebagai berikut :

#### 1. Menguji Normalitas

Pengujian normalitas yaitu untuk mengetahui apakah data berdistribusi normal atau tidak. Selain itu juga sebagai upaya untuk dapat menentukan jenis uji statistik berikutnya. Karena jumlah sampel termasuk ke dalam kelompok kecil, maka uji normalitas menggunakan kolmogorov-smirnov. Format pengujiannya dengan membandingkan nilai probabilitas (*p-value*) atau signifikansi (Sig.) dengan derajat kebebasan (dk)  $\alpha = 0,05$ . Uji kebermaknaannya adalah sebagai berikut:

- a. Jika nilai Sig. Atau *P-value*  $> 0,05$  maka data dinyatakan normal
- b. Jika nilai Sig. Atau *P-value*  $< 0,05$  maka data dinyatakan tidak normal.

Selain itu, jika menggunakan rumus manual dengan menggunakan uji lilifors dapat ditempuh dengan langkah-langkah sebagai berikut :

- a. Membuat tabel penolong untuk mengurutkan data terkecil sampai terbesar, kemudian mencari rata-rata dan simpangan baku.
- b. Mencari nilai  $Z_1, Z_2, \dots, Z_n$  yaitu dengan rumus  $Z = \frac{x_1 - \bar{x}}{s}$
- c. Menghitung peluang  $F(Z_i) = P(Z - Z_i)$
- d. Menghitung proporsi  $Z_1, Z_2, \dots, Z_n$  yang lebih kecil atau sama dengan  $Z_1$ . Proporsi ini dinyatakan dengan rumus :

$$S(Z_1) = \frac{\text{Banyaknya } z_1, z_2, \dots, z_n}{n}$$

- e. Menghitung selisih  $F(Z_1) - S(Z_1)$
- f. Ambil harga terbesar diantara harga-harga mutlak selisih tersebut, sebutlah harga tersebut itu  $\alpha$  untuk menerima dan menolak hipotesis nol maka  $L_0$  dibandingkan dengan nilai kritis  $L$  yang diambil dari uji Lilliefors dengan taraf nyata 0,05 kriterianya adalah ditolak hipotesis nol, bila populasi berdistribusi normal jika  $L_0$  yang diperoleh dari perhitungan lebih besar dibandingkan  $L$  tabel, dalam hal lain hipotesis diterima.

## 2. Uji Homogenitas

Langkah selanjutnya setelah uji normalitas adalah uji homogenitas data. Uji ini dilakukan untuk mengetahui apakah data memiliki varians yang sama atau tidak, dengan kata lain apakah data berasal dari satu populasi yang homogen atau tidak. Selain untuk menguji homogen tidaknya data, uji homogenitas juga untuk menentukan langkah pengolahan selanjutnya, yaitu jenis statistik apa yang akan digunakan. Jika data homogen, maka pengolahan dilanjutkan dengan statistik parametrik, sedangkan jika data tidak homogen maka dilanjutkan dengan pengolahan statistik non-parametrik.

Pengujian homogenitas data dalam hal ini yang penulis gunakan adalah *lavene* tes statistik. Uji kebermaknaannya adalah sebagai berikut:

- a. Jika nilai Sig. Atau *P-value*  $> 0,05$  maka data dinyatakan homogen
- b. Jika nilai Sig. Atau *P-value*  $< 0,05$  maka data dinyatakan tidak homogen.

Apabila pengujian menggunakan pengolahan data manual dapat ditempuh dengan langkah-langkah sebagai berikut:

- a. Sebelum menentukan nilai pendekatan statistik untuk uji homogenitas, maka penulis menentukan pasangan hipotesis yang akan diuji dengan ketentuan sebagai berikut:

$$H_0 = \sigma_1^2 = \sigma_2^2$$

$$H_1 = \sigma_1^2 \neq \sigma_2^2$$

- b. Menentukan pendekatan statistik dengan rumus sebagai berikut:

$$F = \frac{\text{Variansi terbesar}}{\text{Variansi terkecil}}$$

- c. Menentukan kriteria penerimaan dan penolakan hipotesis adalah sebagai berikut :

Tolak hipotesis ( $H_0$ ) jika  $F > F_\alpha$

Terima hipotesis ( $H_0$ ) jika  $F < F_\alpha$

- d. Menentukan batas kritis penolakan dan penerimaan hipotesis dengan menentukan dk pembilang dan dk penyebut dengan masing-masing dk dikurangi 1 dan ketentuan  $\alpha = 0,05$ .

- e. Menarik kesimpulan berdasarkan hasil dari penghitungan uji homogenitas.

3. Menguji hipotesis :

Untuk menentukan diterima atau ditolaknya hipotesis dengan menggunakan pendekatan statistik uji t, dalam uji ini penulis juga menggunakan program komputer SPSS. Uji kebermaknaan hipotesis adalah sebagai berikut :

- a. Jika  $P\text{-value} \leq 0,05$ : maka tidak terdapat dampak yang signifikan
- b. Jika  $P\text{-value} > 0,05$  : maka terdapat dampak yang signifikan

Jika pengujian hipotesis menggunakan secara manual dapat ditempuh dengan langkah-langkah sebagai berikut:

$$t = \frac{\bar{B}}{Sb / \sqrt{n}}$$

Keterangan :

t = derajat peningkatan yang dicari

$\bar{B}$  = rata-rata beda

Sb = simpangan baku beda

n = jumlah sampel

Langkah-langkah dalam menghitung untuk uji t adalah sebagai berikut :

- a. Menghitung rata-rata beda
- b. Menghitung simpangan baku beda
- c. Mencari nilai t hitung
- d. Mencari batas penerimaan hipotesis pada t tabel
- e. Membandingkan t hitung dengan t tabel

Adapun t hitung berada di luar daerah penerimaan hipotesis, maka hipotesis ditolak. Begitu juga sebaliknya, apabila t hitung berada di dalam daerah penerimaan, maka hipotesis diterima.

### C. Populasi dan Sampel

Sugiyono (2009) mengatakan “Populasi adalah wilayah generalisasi yang terdiri atas : objek atau subyek yang mempunyai kualitas dan karakteristik tertentu yang ditetapkan oleh peneliti untuk dipelajari dan kemudian ditarik kesimpulannya.” Populasi dari penelitian ini adalah seluruh wasit sepak bola di Kabupaten Belitung yang bersertifikasi C-III (tingkat Kabupaten, C-II (tingkat Provinsi), dan C-I (tingkat Nasional). Total dari jumlah populasi dari penelitian ini adalah berjumlah 12 orang.

Dalam sebuah penelitian biasanya terdapat sampel yang diambil dari populasi. Pengambilan sampel dimaksudkan agar subjek yang akan diteliti dapat terwakili dari jumlah seluruh populasi. Mengenai pengertian sampel, Sugiyono (2009) menjelaskan “Sampel adalah bagian dari jumlah dan karakteristik yang dimiliki oleh populasi tersebut”. Sedangkan sampel yang digunakan adalah wasit

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sepak bola di Kabupaten Belitung. Pada penelitian ini peneliti mengambil sampel dari seluruh jumlah populasi yaitu sebanyak 12 orang. Hal ini bertujuan agar hasil yang didapat mewakili dari seluruh jumlah populasi.

#### D. Design Penelitian

Pada penelitian ini, penulis menggunakan design penelitian *pretest-posttest design*. Di mana nantinya akan dilakukan tes sebanyak dua kali, yaitu tes awal dan tes akhir. Diantara tes tersebut akan diberi perlakuan berupa *Interval training*. Pada design ini tidak terdapat kelompok kontrol.



$O_1 \quad \underline{\quad X \quad} \quad O_2$

Ket :

$O_1$  = Tes awal

$O_2$  = Tes akhir

$X$  = *Treatment* (perlakuan, diberikan *interval training*)

#### E. Instrumen Penelitian

Pada prinsipnya sebuah penelitian adalah melakukan pengukuran, maka harus ada alat ukur yang baik. Alat ukur dalam penelitian biasanya dinamakan instrument penelitian. Mengenai instrumen penelitian Sugiyono (2009) menjelaskan “instrumen penelitian adalah suatu alat yang digunakan untuk mengukur fenomena alam maupun sosial yang diamati”. Di dalam penelitian ini penulis menggunakan suatu instrumen atau alat ukur yang digunakan khusus untuk wasit sepak bola, yaitu *fitness interval test*.

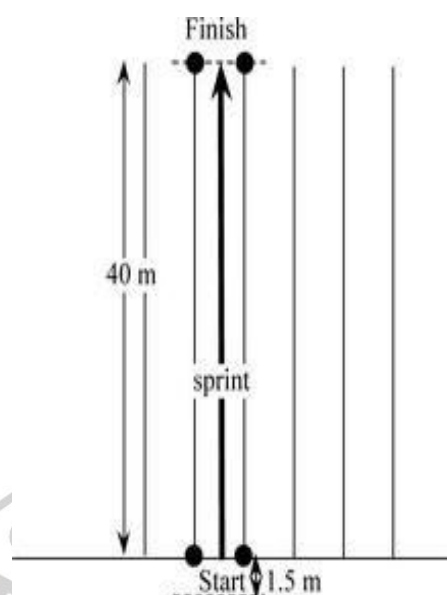
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Mengenai salah satu tes fisik yang dilakukan para wasit sepak bola, *Physical Fitness Test Referee of FIFA* (2010) menjelaskan ada dua macam tes untuk kebugaran wasit sepak bola yaitu : (1) Tes sprint 40 meter sebanyak 3 kali dengan waktu istirahat maksimal 1 menit 30 detik. (2) *Interval Test*. Tes ini merupakan tes lari sejauh 150 meter, berjalan 50 meter, lari 150 meter dan berjalan 50 meter. Tes ini juga diberikan kepada calon wasit yang akan mengikuti sertifikasi untuk tingkat C-III (tingkat Kabupaten), C-II (tingkat Provinsi), C-I (tingkat Nasional), dan juga penyegaran wasit sepak bola. Bentuk tes ini merupakan bentuk tes yang telah baku yang ditetapkan sendiri oleh badan sepak bola tertinggi di Dunia, *Federation International Football Association* (FIFA). *Physical Fitness Test Referee* merupakan tes yang dilakukan oleh para calon wasit untuk melihat daya tahan dan kecepatan yang dimilikinya. Dimana untuk lari 150 meter, jalan 50 meter untuk melihat daya tahan (*endurance*) sedangkan *sprint* 40 meter untuk melihat kecepatan yang dimiliki seorang wasit dalam sepak bola.

Instrumen atau alat ukur pada penelitian ini diberikan pada tes awal dan tes akhir untuk mengukur bagaimana tingkat kondisi fisik dari wasit sepak bola. *Physical Fitness Test Referee* ini terdiri dari dua macam yang kedua-duanya tidak dapat dipisahkan dalam pelaksanaannya. Tes yang pertama adalah tes lari cepat 40 meter sebanyak enam kali. Di mana waktu istirahat yang diberikan setiap kali lari adalah 90 detik. Tes ini merupakan salah satu tes kecepatan yang harus dimiliki wasit dan juga asisten wasit. Untuk waktu yang harus diperhatikan adalah tes 40 meter ini tidak boleh melebihi waktu 6,6 detik. (*Physical Fitness Test Referee*)



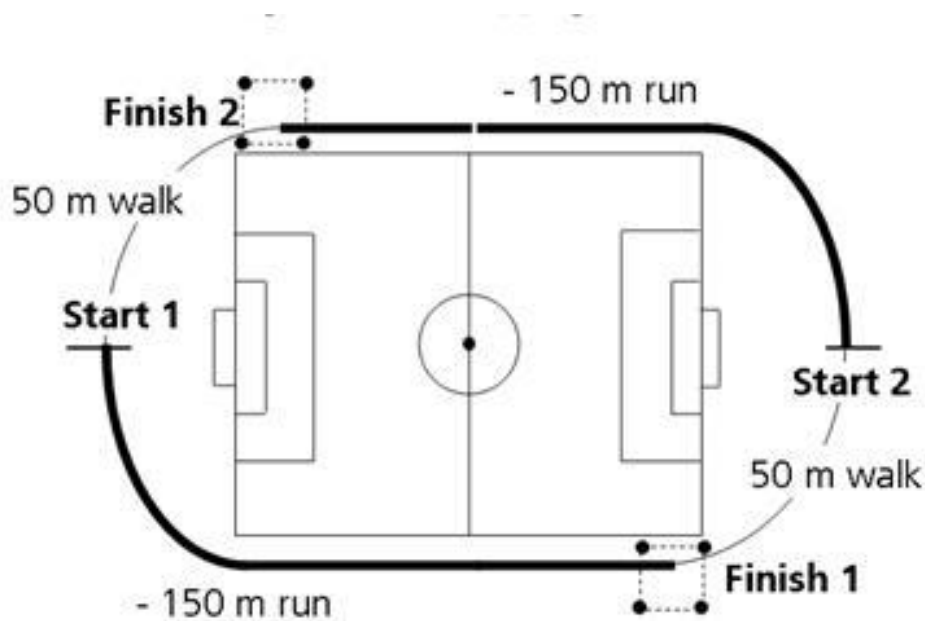
Gambar 3.1 : *Physical fitness test referee* yang pertama

Setelah itu tes kedua yang dilakukan adalah *Interval test* yaitu berlari pada lintasan atletik sejauh 150 meter, kemudian istirahat (berjalan 50 meter), dan kemudian kembali berlari 150 meter dan istirahat (berjalan kembali 50 meter). Tes ini bertujuan untuk melihat daya tahan yang harus dimiliki oleh wasit sepak bola. Untuk waktu yang ditentukan, FIFA memberikan klasifikasi untuk waktu dari tes ini. Klasifikasi tersebut adalah :

1. Wasit laki-laki internasional :  
Lari 150 meter  $\leq$  30 detik, jalan 50 meter  $\leq$  35 detik.
2. Wasit laki-laki nasional :  
Lari 150 meter  $\leq$  30 detik, jalan 50 meter  $\leq$  40 detik.
3. Wasit wanita internasional :  
Lari 150 meter  $\leq$  35 detik, jalan 50 meter  $\leq$  40 detik.
4. Wasit wanita nasional :  
Lari 150 meter  $\leq$  35 detik, jalan 50 meter  $\leq$  45 detik.

Dari beberapa klasifikasi waktu tersebut, peneliti mengambil waktu untuk wasit wanita nasional yaitu berlari 150 meter  $\leq$  35 detik dan berjalan 50 meter  $\leq$  40 detik. Hal ini dikarenakan bahwa waktu yang digunakan adalah waktu yang sesuai dan biasa dilakukan dalam penyegaran kondisi fisik wasit sepak bola di Indonesia dan juga sertifikasi wasit C-III (tingkat Kabupaten).

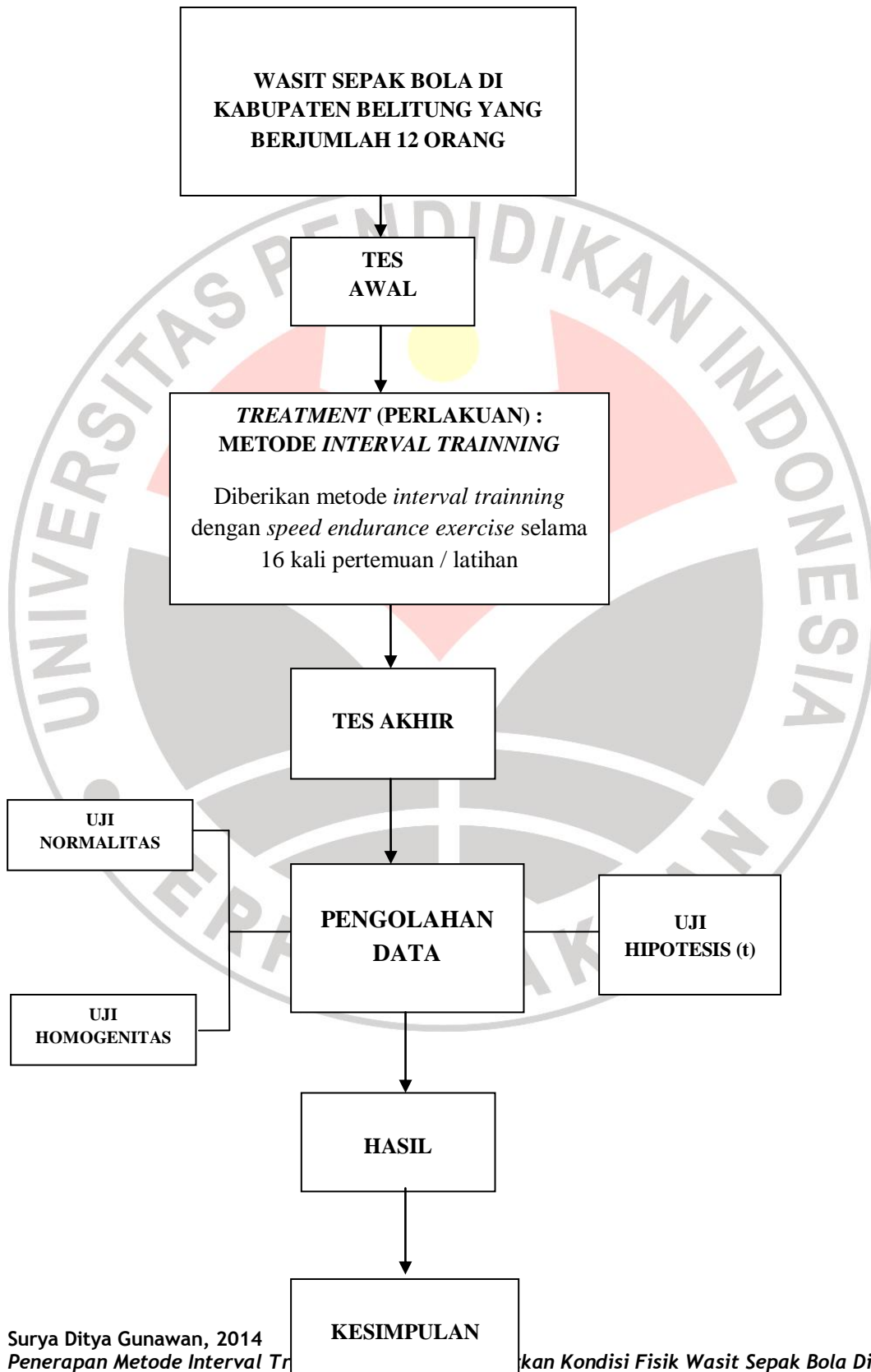




Gambar 3.2 : *Physical fitness test referee* yang kedua

Dari gambar di atas dapat dilihat bahwa seorang wasit atau calon wasit yang melaksanakan *fitness interval test* ini harus melakukan lari 150 meter, berjalan 50 meter, kemudian berlari lagi 150 meter dan berjalan 50 meter. Jadi dalam satu putaran lintasan atletik ia harus berlari sejauh 300 meter (yang dihitung hanya lari saja). Hal ini terus dilakukan selama 10 putaran atau sejauh 3000 meter. Seseorang dinyatakan tidak berhasil dan tidak boleh melanjutkan tes ini apabila ia telah dua kali gagal atau terlambat sesuai dengan perhitungan waktu yang telah ditentukan. Biasanya untuk tes ini menggunakan *audio* atau sumber suara yang bisa didengar oleh seluruh peserta tes.

## F. Langkah-Langkah Penelitian



### G. Agenda Penelitian

Dalam penelitian ini penulis membuat agenda penelitian yang akan diberikan kepada wasit sepak bola di Kabupaten Belitung. Tempat penelitian adalah di Stadion Pangkallang, Kecamatan Tanjungpandan, yang bertempat di Jalan Jendral Ahmad Yani, Tanjungpandan Belitung. Penelitian dilakukan pada Bulan September 2013 sampai dengan 6 Oktober 2013. Pada tes awal dimulai pada tanggal 1 September 2013 dari pukul 08.00 pagi sampai dengan selesai. Sedangkan tes akhir dilaksanakan pada tanggal 13 Oktober 2013. Jadi penelitian ini dilaksanakan selama satu setengah bulan dengan 18 kali pertemuan.

**Tabel 3.1**

Agenda penelitian wasit sepak bola di Kabupaten Belitung

| No | Hari/Tanggal               | Waktu                   | Tempat                | Materi                           | Alat Bantu                     | Ket              |
|----|----------------------------|-------------------------|-----------------------|----------------------------------|--------------------------------|------------------|
| 1  | Minggu/1<br>September 2013 | 08.00<br>s.d<br>selesai | Std.<br>Pangkallalang | <i>Fitness<br/>interval test</i> | Peluit,<br>Cones,<br>Stopwatch | <i>Pretest</i>   |
| 2  | Selasa/3 September<br>2013 | 16.00<br>s.d<br>selesai | Std.<br>Pangkallalang | <i>Speed<br/>endurance<br/>1</i> | Cones,<br>Peluit,<br>Stopwatch | <i>Treatment</i> |
| 3  | Kamis/5 September<br>2013  | 16.00<br>s.d<br>selesai | Std.<br>Pangkallalang | <i>Speed<br/>endurance<br/>2</i> | Cones,<br>Peluit,<br>Stopwatch | <i>Treatment</i> |
| 4  | Sabtu/7 September<br>2013  | 16.00<br>s.d<br>selesai | Std.<br>Pangkallalang | <i>Speed<br/>endurance<br/>3</i> | Cones,<br>Peluit,<br>Stopwatch | <i>Treatment</i> |
| 5  | Senin/9 September<br>2013  | 16.00<br>s.d<br>selesai | Std.<br>Pangkallalang | <i>Speed<br/>endurance<br/>4</i> | Cones,<br>Peluit,<br>Stopwatch | <i>Treatment</i> |
| 6  | Rabu/11 September<br>2013  | 16.00<br>s.d<br>selesai | Std.<br>Pangkallalang | <i>Speed<br/>endurance<br/>5</i> | Cones,<br>Peluit,<br>Stopwatch | <i>Treatment</i> |
| 7  | Jumat/13<br>September 2013 | 16.00<br>s.d<br>selesai | Std.<br>Pangkallalang | <i>Speed<br/>endurance<br/>6</i> | Cones,<br>Peluit,<br>Stopwatch | <i>Treatment</i> |
| 8  | Senin/16<br>September 2013 | 16.00<br>s.d<br>selesai | Std.<br>Pangkallalang | <i>Speed<br/>endurance<br/>7</i> | Cones,<br>Peluit,<br>Stopwatch | <i>Treatment</i> |

|    |                         |                         |                       |                                   |                                |                  |
|----|-------------------------|-------------------------|-----------------------|-----------------------------------|--------------------------------|------------------|
| 9  | Rabu/18 September 2013  | 16.00<br>s.d<br>selesai | Std.<br>Pangkallalang | <i>Speed<br/>endurance<br/>8</i>  | Cones,<br>Peluit,<br>Stopwatch | <i>Treatment</i> |
| 10 | Jumat/20 September 2013 | 16.00<br>s.d<br>selesai | Std.<br>Pangkallalang | <i>Speed<br/>endurance<br/>9</i>  | Cones,<br>Peluit,<br>Stopwatch | <i>Treatment</i> |
| 11 | Senin/23 September 2013 | 16.00<br>s.d<br>selesai | Std.<br>Pangkallalang | <i>Speed<br/>endurance<br/>10</i> | Cones,<br>Peluit,<br>Stopwatch | <i>Treatment</i> |
| 12 | Rabu/25 September 2013  | 16.00<br>s.d<br>selesai | Std.<br>Pangkallalang | <i>Speed<br/>endurance<br/>11</i> | Cones,<br>Peluit,<br>Stopwatch | <i>Treatment</i> |
| 13 | Jumat/27 September 2013 | 16.00<br>s.d<br>selesai | Std.<br>Pangkallalang | <i>Speed<br/>endurance<br/>12</i> | Cones,<br>Peluit,<br>Stopwatch | <i>Treatment</i> |
| 14 | Senin/30 September 2013 | 16.00<br>s.d<br>selesai | Std.<br>Pangkallalang | <i>Speed<br/>endurance<br/>13</i> | Cones,<br>Peluit,<br>Stopwatch | <i>Treatment</i> |
| 15 | Rabu/2 Oktober 2013     | 16.00<br>s.d<br>selesai | Std.<br>Pangkallalang | <i>Speed<br/>endurance<br/>14</i> | Cones,<br>Peluit,<br>Stopwatch | <i>Treatment</i> |
| 16 | Jumat/4 Oktober 2013    | 16.00<br>s.d<br>selesai | Std.<br>Pangkallalang | <i>Speed<br/>endurance<br/>15</i> | Cones,<br>Peluit,<br>Stopwatch | <i>Treatment</i> |
| 17 | Senin/7 Oktober 2013    | 16.00<br>s.d<br>selesai | Std.<br>Pangkallalang | <i>Speed<br/>endurance<br/>16</i> | Cones,<br>Peluit,<br>Stopwatch | <i>Treatment</i> |
| 18 | Minggu/13 Oktober 2013  | 08.00<br>s.d<br>selesai | Std.<br>Pangkallalang | <i>Fitness<br/>interval test</i>  | Peluit,<br>Cones,<br>stopwatch | <i>Posttest</i>  |

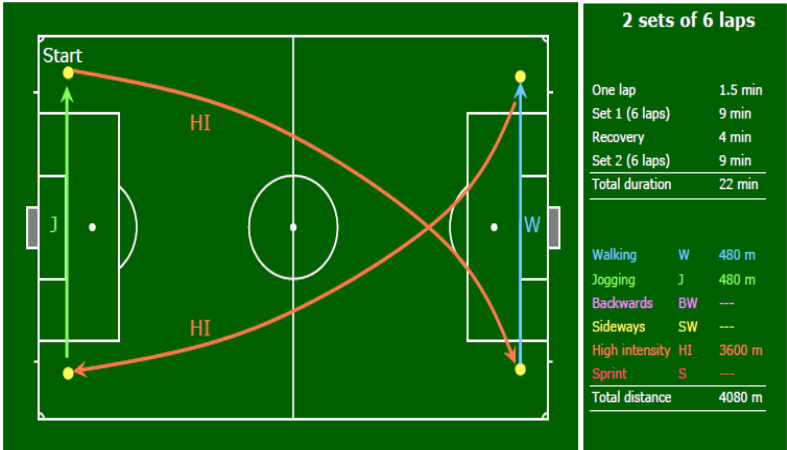
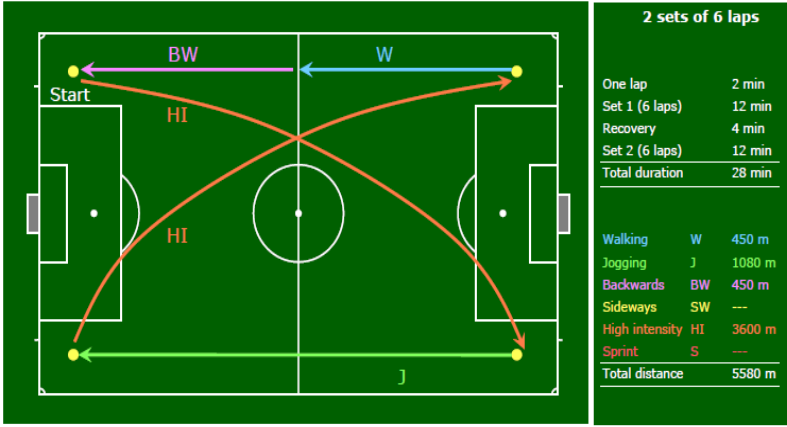
#### H. Program Latihan (*Treatment*)

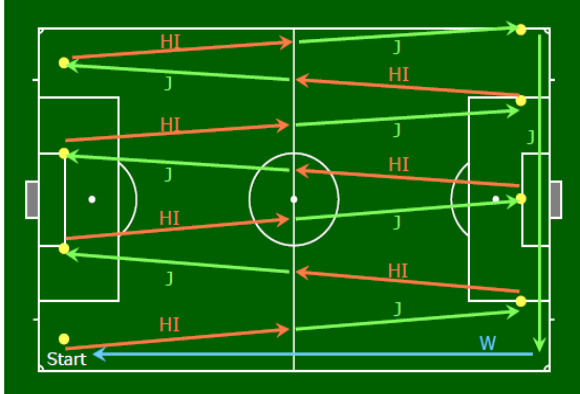
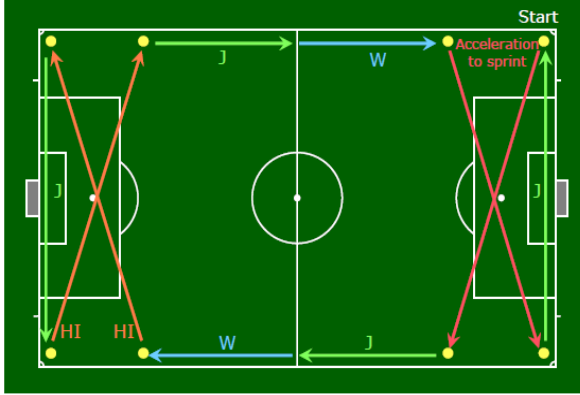
Pada penelitian ini seperti yang telah dijelaskan dalam langkah-langkah penelitian, diantara tes awal dan tes akhir akan diberikan latihan interval yang merupakan *treatment* dari penelitian ini. Pada *interval training* ini penulis memberikan materi *speed endurance exercise* yang merupakan salah satu bentuk dari *interval training* yang dikhususkan bagi wasit sepak bola. Latihan ini akan dilakukan di Stadion Pangkallalang Jalan Jendral Ahmad Yani, Kecamatan Tanjungpandan Beltung. Latihan dimulai pada 3 September sampai 4 Oktober 2013.

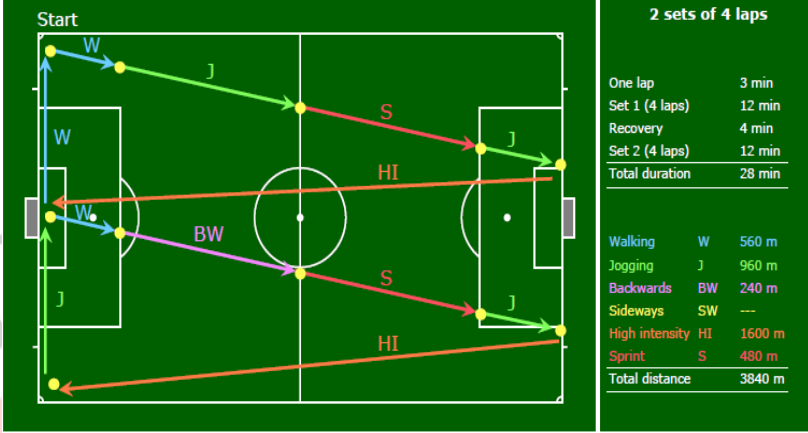
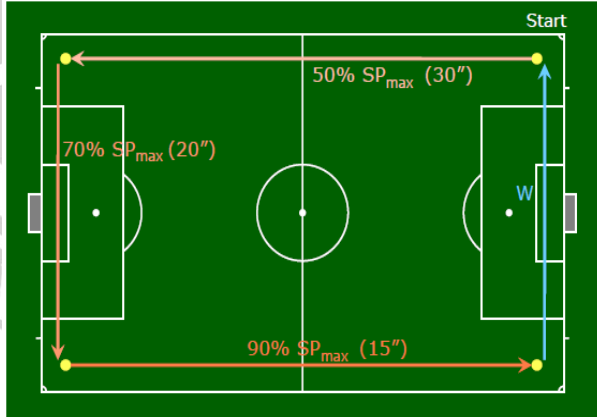
Tabel 3.2

Program latihan (*Speed endurance exercise of FIFA 2010 : 2-17*)

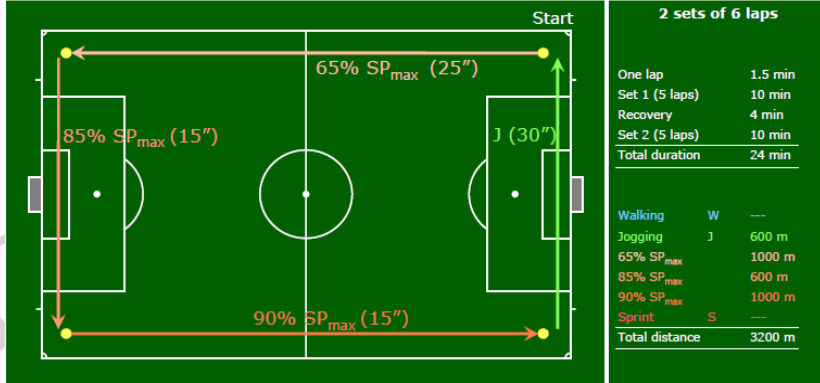
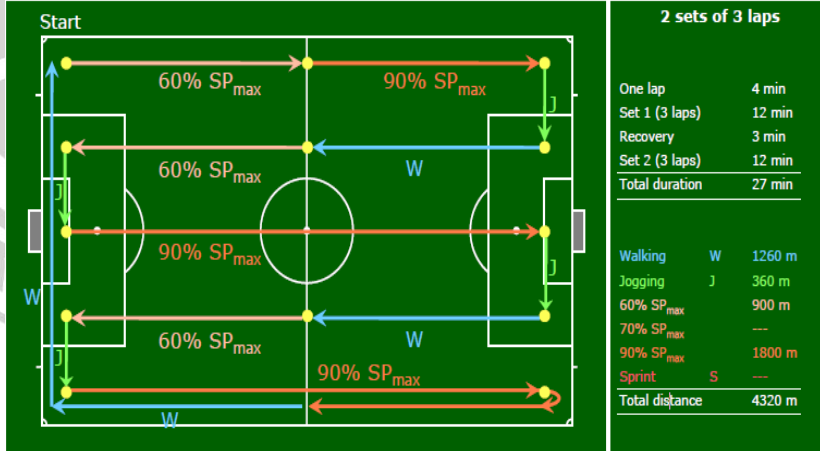
| No | Hari/Tanggal                  | Materi  |
|----|-------------------------------|---|
| 1  | Selasa/3<br>September<br>2013 | <p>Pemanasan : Senam statis, <i>jogging</i>, senam dinamis. (10 menit).<br/>Inti : <i>Speed endurance exercise 1</i> (30 menit)</p>  <p>Ket : Lari intensitas tinggi<br/>Berjalan</p> <p>Dimulai dari tepi daerah penalti, berlari dengan intensitas tinggi menuju daerah tepi daerah kotak penalti yang lain waktu yang harus ditempuh adalah 15 detik. Kemudian berjalan dengan waktu 45 detik. Dilakukan sebanyak 8 kali pengulangan, selama 2 set. Waktu istirahat 4 menit setiap setnya.</p> <p>Pendinginan : <i>Cooling down</i> (10 menit)</p> |
| 2  | Kamis/5<br>September<br>2013  | <p>Pemanasan : senam statis, <i>jogging</i>, senam dinamis (10 menit)<br/>Inti : <i>Speed endurance exercise 2</i> (30 menit)</p>   |

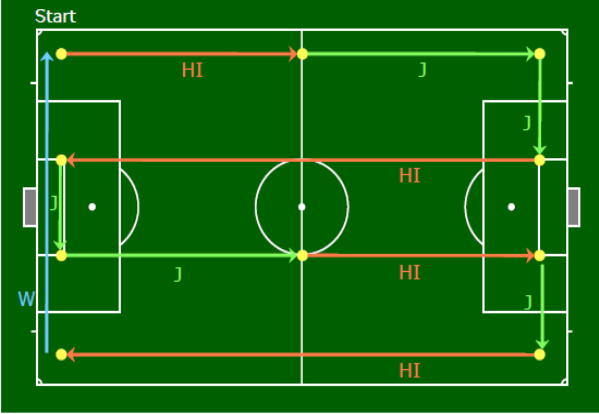
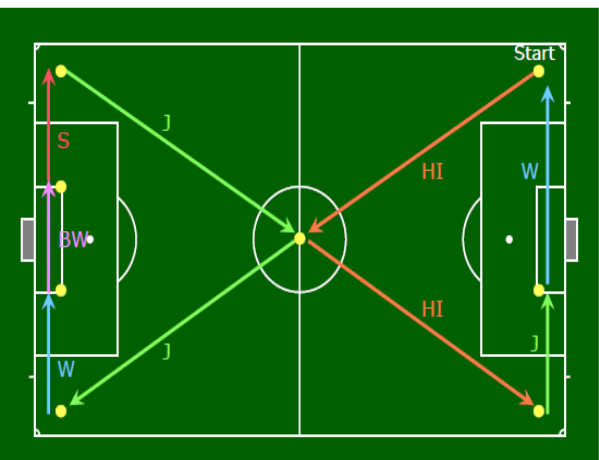
|                |                                  |   |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
|----------------|----------------------------------|---|---------|---------|----------------|--------|----------|-------|----------------|--------|----------------|--------|---------|---|-------|---------|---|--------|-----------|----|-------|----------|----|-----|----------------|----|--------|--------|---|-----|----------------|--|--------|
|                |                                  | <p style="text-align: center;"><b>Speed endurance exercise 2</b></p>  <p><b>2 sets of 6 laps</b></p> <table border="1"> <tr><td>One lap</td><td>1.5 min</td></tr> <tr><td>Set 1 (6 laps)</td><td>9 min</td></tr> <tr><td>Recovery</td><td>4 min</td></tr> <tr><td>Set 2 (6 laps)</td><td>9 min</td></tr> <tr><td>Total duration</td><td>22 min</td></tr> </table> <table border="1"> <tr><td>Walking</td><td>W</td><td>480 m</td></tr> <tr><td>Jogging</td><td>J</td><td>480 m</td></tr> <tr><td>Backwards</td><td>BW</td><td>---</td></tr> <tr><td>Sideways</td><td>SW</td><td>---</td></tr> <tr><td>High intensity</td><td>HI</td><td>3600 m</td></tr> <tr><td>Sprint</td><td>S</td><td>---</td></tr> <tr><td>Total distance</td><td></td><td>4080 m</td></tr> </table> <p>Set 1: Run 6 laps of the speed endurance exercise as indicated in the picture.</p> <p>Recovery: 4 min.</p> <p>Set 2: Again 6 laps of the same exercise.</p> <p>Pendinginan : <i>Cooling down</i> (10 menit)</p>  | One lap | 1.5 min | Set 1 (6 laps) | 9 min  | Recovery | 4 min | Set 2 (6 laps) | 9 min  | Total duration | 22 min | Walking | W | 480 m | Jogging | J | 480 m  | Backwards | BW | ---   | Sideways | SW | --- | High intensity | HI | 3600 m | Sprint | S | --- | Total distance |  | 4080 m |
| One lap        | 1.5 min                          |   |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| Set 1 (6 laps) | 9 min                            |   |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| Recovery       | 4 min                            |   |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| Set 2 (6 laps) | 9 min                            |   |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| Total duration | 22 min                           |   |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| Walking        | W                                | 480 m   |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| Jogging        | J                                | 480 m   |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| Backwards      | BW                               | ---   |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| Sideways       | SW                               | ---   |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| High intensity | HI                               | 3600 m  |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| Sprint         | S                                | ---   |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| Total distance |                                  | 4080 m  |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| 3              | Sabtu/<br>7<br>September<br>2013 | <p>Pemanasan : senam statis, <i>jogging</i>, senam dinamis (10 menit)<br/>Inti : <i>Speed endurance exercise 3</i> (30 menit)</p> <p style="text-align: center;"><b>Speed endurance exercise 3</b></p>  <p><b>2 sets of 6 laps</b></p> <table border="1"> <tr><td>One lap</td><td>2 min</td></tr> <tr><td>Set 1 (6 laps)</td><td>12 min</td></tr> <tr><td>Recovery</td><td>4 min</td></tr> <tr><td>Set 2 (6 laps)</td><td>12 min</td></tr> <tr><td>Total duration</td><td>28 min</td></tr> </table> <table border="1"> <tr><td>Walking</td><td>W</td><td>450 m</td></tr> <tr><td>Jogging</td><td>J</td><td>1080 m</td></tr> <tr><td>Backwards</td><td>BW</td><td>450 m</td></tr> <tr><td>Sideways</td><td>SW</td><td>---</td></tr> <tr><td>High intensity</td><td>HI</td><td>3600 m</td></tr> <tr><td>Sprint</td><td>S</td><td>---</td></tr> <tr><td>Total distance</td><td></td><td>5580 m</td></tr> </table> <p>Set 1: Run 6 laps of the speed endurance exercise as indicated in the picture.</p> <p>Recovery: 4 min.</p> <p>Set 2: Again 6 laps of the same exercise.</p> <p>Pendinginan : <i>Colling down</i> (10 menit)</p> | One lap | 2 min   | Set 1 (6 laps) | 12 min | Recovery | 4 min | Set 2 (6 laps) | 12 min | Total duration | 28 min | Walking | W | 450 m | Jogging | J | 1080 m | Backwards | BW | 450 m | Sideways | SW | --- | High intensity | HI | 3600 m | Sprint | S | --- | Total distance |  | 5580 m |
| One lap        | 2 min                            |   |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| Set 1 (6 laps) | 12 min                           |   |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| Recovery       | 4 min                            |   |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| Set 2 (6 laps) | 12 min                           |   |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| Total duration | 28 min                           |   |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| Walking        | W                                | 450 m   |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| Jogging        | J                                | 1080 m  |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| Backwards      | BW                               | 450 m   |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| Sideways       | SW                               | ---   |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| High intensity | HI                               | 3600 m  |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| Sprint         | S                                | ---   |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| Total distance |                                  | 5580 m  |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |
| 4              | Senin/9                          | <p>Pemanasan : senam statis, <i>jogging</i>, senam dinamis (10 menit)</p>   |         |         |                |        |          |       |                |        |                |        |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |     |                |  |        |

|                       | <p>September<br/>2013</p>             | <p>Inti : <i>Speed endurance exercise 4</i> (30 menit)</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p style="text-align: center;"><b>Speed endurance exercise 4</b></p>  <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="text-align: left;">2 sets of 2 laps</th> </tr> </thead> <tbody> <tr> <td>One lap</td> <td>6.5 min</td> </tr> <tr> <td>Set 1 (2 laps)</td> <td>13 min</td> </tr> <tr> <td>Recovery</td> <td>4 min</td> </tr> <tr> <td>Set 2 (2 laps)</td> <td>13 min</td> </tr> <tr> <td><b>Total duration</b></td> <td><b>30 min</b></td> </tr> </tbody> </table> <br/> <table border="1" style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td>Walking</td> <td>W</td> <td>400 m</td> </tr> <tr> <td>Jogging</td> <td>J</td> <td>1640 m</td> </tr> <tr> <td>Backwards</td> <td>BW</td> <td>---</td> </tr> <tr> <td>Sideways</td> <td>SW</td> <td>---</td> </tr> <tr> <td>High intensity</td> <td>HI</td> <td>1400 m</td> </tr> <tr> <td>Sprint</td> <td>S</td> <td>---</td> </tr> <tr> <td><b>Total distance</b></td> <td></td> <td><b>3440 m</b></td> </tr> </tbody> </table> <p><b>Set 1:</b> One lap consists of 7 sub-maximal sprints followed by 7 recovery jogs. The tempo running should consist of 90% of maximal speed. The jogging should take 3x longer than the duration of the tempo run. After reaching the finish, referees jog along the goal line until the next corner and then walk back to the starting position.</p> <p><b>Recovery:</b> 4 min</p> <p><b>Set 2:</b> Again 2 laps of the same exercise.</p> </div> <p>Pendinginan : (10 menit)</p> | 2 sets of 2 laps |  | One lap | 6.5 min | Set 1 (2 laps) | 13 min | Recovery | 4 min | Set 2 (2 laps) | 13 min | <b>Total duration</b> | <b>30 min</b> | Walking | W | 400 m | Jogging | J | 1640 m | Backwards | BW | --- | Sideways | SW | --- | High intensity | HI | 1400 m | Sprint | S | ---    | <b>Total distance</b> |  | <b>3440 m</b> |
|-----------------------|---------------------------------------|---|------------------|--|---------|---------|----------------|--------|----------|-------|----------------|--------|-----------------------|---------------|---------|---|-------|---------|---|--------|-----------|----|-----|----------|----|-----|----------------|----|--------|--------|---|--------|-----------------------|--|---------------|
| 2 sets of 2 laps      |                                       |   |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| One lap               | 6.5 min                               |   |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| Set 1 (2 laps)        | 13 min                                |   |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| Recovery              | 4 min                                 |   |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| Set 2 (2 laps)        | 13 min                                |   |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| <b>Total duration</b> | <b>30 min</b>                         |   |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| Walking               | W                                     | 400 m   |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| Jogging               | J                                     | 1640 m  |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| Backwards             | BW                                    | ---   |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| Sideways              | SW                                    | ---   |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| High intensity        | HI                                    | 1400 m  |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| Sprint                | S                                     | ---   |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| <b>Total distance</b> |                                       | <b>3440 m</b>   |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| <p>5</p>              | <p>Rabu/11<br/>September<br/>2013</p> | <p>Pemanasan : senam statis, <i>jogging</i>, senam dinamis (10 menit)</p> <p>Inti : <i>Speed endurance exercise 5</i> (30 menit)</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p style="text-align: center;"><b>Speed endurance exercise 5</b></p>  <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="text-align: left;">2 sets of 5 laps</th> </tr> </thead> <tbody> <tr> <td>One lap</td> <td>2' 20"</td> </tr> <tr> <td>Set 1 (5 laps)</td> <td>11 min</td> </tr> <tr> <td>Recovery</td> <td>4 min</td> </tr> <tr> <td>Set 2 (5 laps)</td> <td>11 min</td> </tr> <tr> <td><b>Total duration</b></td> <td><b>26 min</b></td> </tr> </tbody> </table> <br/> <table border="1" style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td>Walking</td> <td>W</td> <td>600 m</td> </tr> <tr> <td>Jogging</td> <td>J</td> <td>1700 m</td> </tr> <tr> <td>Backwards</td> <td>BW</td> <td>---</td> </tr> <tr> <td>Sideways</td> <td>SW</td> <td>---</td> </tr> <tr> <td>High intensity</td> <td>HI</td> <td>1200 m</td> </tr> <tr> <td>Sprint</td> <td>S</td> <td>1200 m</td> </tr> <tr> <td><b>Total distance</b></td> <td></td> <td><b>4700 m</b></td> </tr> </tbody> </table> <p><b>Set 1:</b> Run 5 laps of the speed endurance exercise as indicated in the picture.</p> <p><b>Recovery:</b> 4 min</p> <p><b>Set 2:</b> Again 5 laps of the same exercise.</p> </div> <p>Pendinginan : (10 menit)</p>   | 2 sets of 5 laps |  | One lap | 2' 20"  | Set 1 (5 laps) | 11 min | Recovery | 4 min | Set 2 (5 laps) | 11 min | <b>Total duration</b> | <b>26 min</b> | Walking | W | 600 m | Jogging | J | 1700 m | Backwards | BW | --- | Sideways | SW | --- | High intensity | HI | 1200 m | Sprint | S | 1200 m | <b>Total distance</b> |  | <b>4700 m</b> |
| 2 sets of 5 laps      |                                       |   |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| One lap               | 2' 20"                                |   |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| Set 1 (5 laps)        | 11 min                                |   |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| Recovery              | 4 min                                 |   |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| Set 2 (5 laps)        | 11 min                                |   |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| <b>Total duration</b> | <b>26 min</b>                         |   |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| Walking               | W                                     | 600 m   |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| Jogging               | J                                     | 1700 m  |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| Backwards             | BW                                    | ---   |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| Sideways              | SW                                    | ---   |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| High intensity        | HI                                    | 1200 m  |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| Sprint                | S                                     | 1200 m  |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |
| <b>Total distance</b> |                                       | <b>4700 m</b>   |                  |  |         |         |                |        |          |       |                |        |                       |               |         |   |       |         |   |        |           |    |     |          |    |     |                |    |        |        |   |        |                       |  |               |

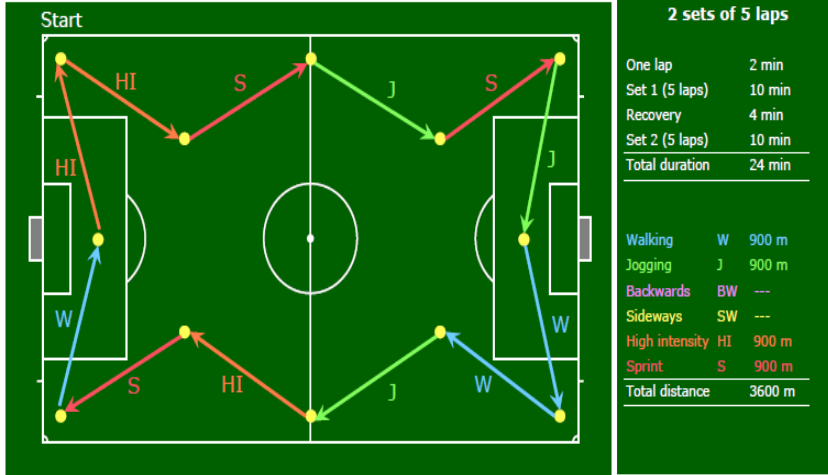
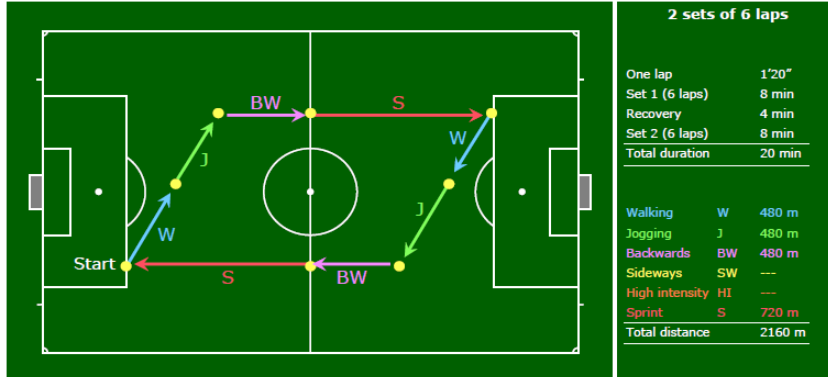
|                       |                          |  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
|-----------------------|--------------------------|--|---------|-------|----------------|--------|----------|-------|----------------|--------|-----------------------|---------------|---------|---|-------|---------|---|-------|-----------------------|----|--------|-----------------------|----|-------|-----------------------|----|--------|--------|---|-------|-----------------------|--|---------------|
| 6                     | 13 September 2013        | <p>Pemanasan : senam statis, <i>jogging</i>, senam dinamis (10 menit)<br/>         Inti : <i>Speed endurance exercise 6</i> (30 menit)</p> <div style="text-align: center; border: 1px solid black; padding: 5px;"> <b>Speed endurance exercise 6</b> </div>  <p><b>2 sets of 4 laps</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>One lap</td><td>3 min</td></tr> <tr><td>Set 1 (4 laps)</td><td>12 min</td></tr> <tr><td>Recovery</td><td>4 min</td></tr> <tr><td>Set 2 (4 laps)</td><td>12 min</td></tr> <tr><td><b>Total duration</b></td><td><b>28 min</b></td></tr> </table> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Walking</td><td>W</td><td>560 m</td></tr> <tr><td>Jogging</td><td>J</td><td>960 m</td></tr> <tr><td>Backwards</td><td>BW</td><td>240 m</td></tr> <tr><td>Sideways</td><td>SW</td><td>---</td></tr> <tr><td>High intensity</td><td>HI</td><td>1600 m</td></tr> <tr><td>Sprint</td><td>S</td><td>480 m</td></tr> <tr><td><b>Total distance</b></td><td></td><td><b>3840 m</b></td></tr> </table> <p><b>Set 1:</b> Run 4 laps of the speed endurance exercise as indicated in the picture.<br/> <b>Recovery:</b> 4 min<br/> <b>Set 2:</b> Again 4 laps of the same exercise.</p> <p>Pendinginan : <i>Colling down</i> (10 menit)</p>   | One lap | 3 min | Set 1 (4 laps) | 12 min | Recovery | 4 min | Set 2 (4 laps) | 12 min | <b>Total duration</b> | <b>28 min</b> | Walking | W | 560 m | Jogging | J | 960 m | Backwards             | BW | 240 m  | Sideways              | SW | ---   | High intensity        | HI | 1600 m | Sprint | S | 480 m | <b>Total distance</b> |  | <b>3840 m</b> |
| One lap               | 3 min                    |  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| Set 1 (4 laps)        | 12 min                   |  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| Recovery              | 4 min                    |  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| Set 2 (4 laps)        | 12 min                   |  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| <b>Total duration</b> | <b>28 min</b>            |  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| Walking               | W                        | 560 m  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| Jogging               | J                        | 960 m  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| Backwards             | BW                       | 240 m  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| Sideways              | SW                       | ---  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| High intensity        | HI                       | 1600 m   |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| Sprint                | S                        | 480 m  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| <b>Total distance</b> |                          | <b>3840 m</b>  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| 7                     | Senin /16 September 2013 | <p>Pemanasan : senam statis, <i>jogging</i>, senam dinamis (10 menit)<br/>         Inti : <i>Speed endurance exercise 7</i> (30 menit)</p> <div style="text-align: center; border: 1px solid black; padding: 5px;"> <b>Speed endurance exercise 7</b> </div>  <p><b>2 sets of 5 laps</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>One lap</td><td>2 min</td></tr> <tr><td>Set 1 (5 laps)</td><td>10 min</td></tr> <tr><td>Recovery</td><td>3 min</td></tr> <tr><td>Set 2 (5 laps)</td><td>10 min</td></tr> <tr><td><b>Total duration</b></td><td><b>23 min</b></td></tr> </table> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Walking</td><td>W</td><td>600 m</td></tr> <tr><td>Jogging</td><td>J</td><td>---</td></tr> <tr><td>50% SP<sub>max</sub></td><td></td><td>1000 m</td></tr> <tr><td>70% SP<sub>max</sub></td><td></td><td>600 m</td></tr> <tr><td>90% SP<sub>max</sub></td><td></td><td>1000 m</td></tr> <tr><td>Sprint</td><td>S</td><td>---</td></tr> <tr><td><b>Total distance</b></td><td></td><td><b>3200 m</b></td></tr> </table> <p><b>Set 1:</b> Run 5 laps of the speed endurance exercise as indicated in the picture. Run at 50% of the maximal running speed in the length of the field (in 25 sec), followed by running at 70% of the maximal speed in the width of the field (in 15 sec) and then run at 90% of the maximal running speed (in 20 sec), walk back to the start.<br/> <b>Recovery:</b> 3 min<br/> <b>Set 2:</b> Again 5 laps of the same exercise.</p> <p>Pendinginan : <i>Colling down</i> (10 menit)</p> | One lap | 2 min | Set 1 (5 laps) | 10 min | Recovery | 3 min | Set 2 (5 laps) | 10 min | <b>Total duration</b> | <b>23 min</b> | Walking | W | 600 m | Jogging | J | ---   | 50% SP <sub>max</sub> |    | 1000 m | 70% SP <sub>max</sub> |    | 600 m | 90% SP <sub>max</sub> |    | 1000 m | Sprint | S | ---   | <b>Total distance</b> |  | <b>3200 m</b> |
| One lap               | 2 min                    |  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| Set 1 (5 laps)        | 10 min                   |  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| Recovery              | 3 min                    |  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| Set 2 (5 laps)        | 10 min                   |  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| <b>Total duration</b> | <b>23 min</b>            |  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| Walking               | W                        | 600 m  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| Jogging               | J                        | ---  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| 50% SP <sub>max</sub> |                          | 1000 m   |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| 70% SP <sub>max</sub> |                          | 600 m  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| 90% SP <sub>max</sub> |                          | 1000 m   |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| Sprint                | S                        | ---  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |
| <b>Total distance</b> |                          | <b>3200 m</b>  |         |       |                |        |          |       |                |        |                       |               |         |   |       |         |   |       |                       |    |        |                       |    |       |                       |    |        |        |   |       |                       |  |               |



|   |                               |  |
|---|-------------------------------|--|
| 8 | Rabu/18<br>September<br>2013  | <p>Pemanasan : senam statis, <i>jogging</i>, senam dinamis (10 menit)</p> <p>Inti : <i>Speed endurance exercise 8</i> (30 menit)</p> <div data-bbox="587 421 1410 1041"> <p style="text-align: center;"><b>Speed endurance exercise 8</b></p>  <p><b>Set 1:</b> Run 6 laps of the speed endurance exercise as indicated in the picture. Run at 65% of the maximal running speed in the length of the field (in 25 sec), followed by running at 85% of the maximal speed in the width of the field (in 15 sec) and then run at 90% of the maximal running speed (in 15 sec), walk back to the start.</p> <p><b>Recovery:</b> 3 min</p> <p><b>Set 2:</b> Again 6 laps of the same exercise.</p> </div> <p>Pendinginan : <i>Cooling down</i> (10 menit)</p> |
| 9 | Jumat/20<br>September<br>2013 | <p>Pemanasan : senam statis, <i>jogging</i>, senam dinamis (10 menit)</p> <p>Inti : <i>Speed endurance exercise 9</i> (30 menit)</p> <div data-bbox="587 1238 1410 1921"> <p style="text-align: center;"><b>Speed endurance exercise 9</b></p>  <p><b>Set 1:</b> Run 3 laps of the speed endurance exercise as indicated in the picture.</p> <p><b>Recovery:</b> 3 min</p> <p><b>Set 2:</b> Again 3 laps of the same exercise.</p> </div> <p>Pendinginan : <i>Cooling down</i> (10 menit)</p>  |

| 10                    | Senin/23<br>September<br>2013 | <p>Pemanasan : senam statis, <i>jogging</i>, senam dinamis (10 menit)</p> <p>Inti : Speed endurance exercise 10 (30 menit)</p> <div data-bbox="587 427 1412 1048" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>Speed endurance exercise 10</b></p>  <table border="1" data-bbox="1198 479 1407 891"> <thead> <tr> <th colspan="3">2 sets of 4 laps</th> </tr> </thead> <tbody> <tr> <td>One lap</td> <td></td> <td>3 min</td> </tr> <tr> <td>Set 1 (4 laps)</td> <td></td> <td>12 min</td> </tr> <tr> <td>Recovery</td> <td></td> <td>4 min</td> </tr> <tr> <td>Set 2 (4 laps)</td> <td></td> <td>12 min</td> </tr> <tr> <td><b>Total duration</b></td> <td></td> <td><b>28 min</b></td> </tr> </tbody> </table> <br/> <table border="1" data-bbox="1198 696 1407 853"> <tbody> <tr> <td>Walking</td> <td>W</td> <td>480 m</td> </tr> <tr> <td>Jogging</td> <td>J</td> <td>1280 m</td> </tr> <tr> <td>Backwards</td> <td>BW</td> <td>---</td> </tr> <tr> <td>Sideways</td> <td>SW</td> <td>---</td> </tr> <tr> <td>High intensity</td> <td>HI</td> <td>1600 m</td> </tr> <tr> <td>Sprint</td> <td>S</td> <td>---</td> </tr> <tr> <td><b>Total distance</b></td> <td></td> <td><b>3360 m</b></td> </tr> </tbody> </table> <p>Set 1: Run 4 laps of the speed endurance exercise as indicated in the picture.</p> <p>Recovery: 3 min</p> <p>Set 2: Again 4 laps of the same exercise.</p> </div> <p>Pendinginan : <i>Cooling down</i> (10 menit)</p> | 2 sets of 4 laps |  |  | One lap |  | 3 min | Set 1 (4 laps) |  | 12 min | Recovery |  | 4 min | Set 2 (4 laps) |  | 12 min | <b>Total duration</b> |  | <b>28 min</b> | Walking | W | 480 m | Jogging | J | 1280 m | Backwards | BW | ---   | Sideways | SW | --- | High intensity | HI | 1600 m | Sprint | S | ---   | <b>Total distance</b> |  | <b>3360 m</b> |
|-----------------------|-------------------------------|--|------------------|--|--|---------|--|-------|----------------|--|--------|----------|--|-------|----------------|--|--------|-----------------------|--|---------------|---------|---|-------|---------|---|--------|-----------|----|-------|----------|----|-----|----------------|----|--------|--------|---|-------|-----------------------|--|---------------|
| 2 sets of 4 laps      |                               |  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| One lap               |                               | 3 min  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Set 1 (4 laps)        |                               | 12 min   |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Recovery              |                               | 4 min  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Set 2 (4 laps)        |                               | 12 min   |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| <b>Total duration</b> |                               | <b>28 min</b>  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Walking               | W                             | 480 m  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Jogging               | J                             | 1280 m   |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Backwards             | BW                            | ---  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Sideways              | SW                            | ---  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| High intensity        | HI                            | 1600 m   |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Sprint                | S                             | ---  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| <b>Total distance</b> |                               | <b>3360 m</b>  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| 11                    | Rabu/25<br>September<br>2013  | <p>Pemanasan : senam statis, <i>jogging</i>, senam dinamis (10 menit)</p> <p>Inti : <i>Speed endurance exercise 11</i> (30 menit)</p> <div data-bbox="587 1234 1412 1921" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>Speed endurance exercise 11</b></p>  <table border="1" data-bbox="1198 1285 1407 1742"> <thead> <tr> <th colspan="3">2 sets of 5 laps</th> </tr> </thead> <tbody> <tr> <td>One lap</td> <td></td> <td>2 min</td> </tr> <tr> <td>Set 1 (5 laps)</td> <td></td> <td>10 min</td> </tr> <tr> <td>Recovery</td> <td></td> <td>4 min</td> </tr> <tr> <td>Set 2 (5 laps)</td> <td></td> <td>10 min</td> </tr> <tr> <td><b>Total duration</b></td> <td></td> <td><b>24 min</b></td> </tr> </tbody> </table> <br/> <table border="1" data-bbox="1198 1541 1407 1704"> <tbody> <tr> <td>Walking</td> <td>W</td> <td>650 m</td> </tr> <tr> <td>Jogging</td> <td>J</td> <td>1400 m</td> </tr> <tr> <td>Backwards</td> <td>BW</td> <td>200 m</td> </tr> <tr> <td>Sideways</td> <td>SW</td> <td>---</td> </tr> <tr> <td>High intensity</td> <td>HI</td> <td>1200 m</td> </tr> <tr> <td>Sprint</td> <td>S</td> <td>250 m</td> </tr> <tr> <td><b>Total distance</b></td> <td></td> <td><b>3700 m</b></td> </tr> </tbody> </table> <p>Set 1: Run 5 laps of the speed endurance exercise as indicated in the picture.</p> <p>Recovery: 4 min</p> <p>Set 2: Same as set 1.</p> </div> <p>Pendinginan : <i>Cooling down</i> (10 menit)</p>   | 2 sets of 5 laps |  |  | One lap |  | 2 min | Set 1 (5 laps) |  | 10 min | Recovery |  | 4 min | Set 2 (5 laps) |  | 10 min | <b>Total duration</b> |  | <b>24 min</b> | Walking | W | 650 m | Jogging | J | 1400 m | Backwards | BW | 200 m | Sideways | SW | --- | High intensity | HI | 1200 m | Sprint | S | 250 m | <b>Total distance</b> |  | <b>3700 m</b> |
| 2 sets of 5 laps      |                               |  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| One lap               |                               | 2 min  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Set 1 (5 laps)        |                               | 10 min   |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Recovery              |                               | 4 min  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Set 2 (5 laps)        |                               | 10 min   |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| <b>Total duration</b> |                               | <b>24 min</b>  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Walking               | W                             | 650 m  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Jogging               | J                             | 1400 m   |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Backwards             | BW                            | 200 m  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Sideways              | SW                            | ---  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| High intensity        | HI                            | 1200 m   |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Sprint                | S                             | 250 m  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| <b>Total distance</b> |                               | <b>3700 m</b>  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |        |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |

| 12                    | Jumat/27<br>September<br>2013 | <p>Pemanasan : senam statis, <i>jogging</i>, senam dinamis (10 menit)<br/>Inti : <i>Speed endurance exercise 12</i> (30 menit)</p> <div data-bbox="587 421 1422 1111" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>Speed endurance exercise 12</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="3">2 sets of 5 laps</th> </tr> </thead> <tbody> <tr> <td>One lap</td> <td></td> <td>2 min</td> </tr> <tr> <td>Set 1 (5 laps)</td> <td></td> <td>10 min</td> </tr> <tr> <td>Recovery</td> <td></td> <td>4 min</td> </tr> <tr> <td>Set 2 (5 laps)</td> <td></td> <td>10 min</td> </tr> <tr> <td><b>Total duration</b></td> <td></td> <td><b>24 min</b></td> </tr> </tbody> </table> <br/> <table border="1" style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td>Walking</td> <td>W</td> <td>500 m</td> </tr> <tr> <td>Jogging</td> <td>J</td> <td>800 m</td> </tr> <tr> <td>Backwards</td> <td>BW</td> <td>200 m</td> </tr> <tr> <td>Sideways</td> <td>SW</td> <td>---</td> </tr> <tr> <td>High intensity</td> <td>HI</td> <td>800 m</td> </tr> <tr> <td>Sprint</td> <td>S</td> <td>---</td> </tr> <tr> <td><b>Total distance</b></td> <td></td> <td><b>2300 m</b></td> </tr> </tbody> </table> <p>Set 1: Run 5 laps of the speed endurance exercise as indicated in the picture.</p> <p>Recovery: 4 min.</p> <p>Set 2: Run again 5 laps of the same exercise.</p> </div> <p>Pendinginan : <i>Cooling down</i> (10 menit)</p>   | 2 sets of 5 laps |  |  | One lap |  | 2 min | Set 1 (5 laps) |  | 10 min | Recovery |  | 4 min | Set 2 (5 laps) |  | 10 min | <b>Total duration</b> |  | <b>24 min</b> | Walking | W | 500 m | Jogging | J | 800 m | Backwards | BW | 200 m | Sideways | SW | --- | High intensity | HI | 800 m  | Sprint | S | --- | <b>Total distance</b> |  | <b>2300 m</b> |
|-----------------------|-------------------------------|--|------------------|--|--|---------|--|-------|----------------|--|--------|----------|--|-------|----------------|--|--------|-----------------------|--|---------------|---------|---|-------|---------|---|-------|-----------|----|-------|----------|----|-----|----------------|----|--------|--------|---|-----|-----------------------|--|---------------|
| 2 sets of 5 laps      |                               |  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| One lap               |                               | 2 min  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| Set 1 (5 laps)        |                               | 10 min   |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| Recovery              |                               | 4 min  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| Set 2 (5 laps)        |                               | 10 min   |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| <b>Total duration</b> |                               | <b>24 min</b>  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| Walking               | W                             | 500 m  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| Jogging               | J                             | 800 m  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| Backwards             | BW                            | 200 m  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| Sideways              | SW                            | ---  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| High intensity        | HI                            | 800 m  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| Sprint                | S                             | ---  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| <b>Total distance</b> |                               | <b>2300 m</b>  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| 13                    | Senin/30<br>September<br>2013 | <p>Pemanasan : senam statis, <i>jogging</i>, senam dinamis (10 menit)<br/>Inti : <i>Speed endurance exercise 13</i> (30 menit)</p> <div data-bbox="587 1294 1310 1832" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>Speed endurance exercise 13</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="3">2 sets of 4 runs</th> </tr> </thead> <tbody> <tr> <td>One lap</td> <td></td> <td>30"</td> </tr> <tr> <td>Set 1 (5 laps)</td> <td></td> <td>6 min</td> </tr> <tr> <td>Recovery</td> <td></td> <td>4 min</td> </tr> <tr> <td>Set 2 (5 laps)</td> <td></td> <td>6 min</td> </tr> <tr> <td><b>Total duration</b></td> <td></td> <td><b>16 min</b></td> </tr> </tbody> </table> <br/> <table border="1" style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td>Walking</td> <td>W</td> <td>---</td> </tr> <tr> <td>Jogging</td> <td>J</td> <td>---</td> </tr> <tr> <td>Backwards</td> <td>BW</td> <td>---</td> </tr> <tr> <td>Sideways</td> <td>SW</td> <td>---</td> </tr> <tr> <td>High intensity</td> <td>HI</td> <td>1152 m</td> </tr> <tr> <td>Sprint</td> <td>S</td> <td>---</td> </tr> <tr> <td><b>Total distance</b></td> <td></td> <td><b>1152 m</b></td> </tr> </tbody> </table> <p>Set 1: Suicide run: sprint from the goal line to the goal area line and back. Then immediately sprint from the goal line to the edge of the penalty area and back. Finally, sprint to the halfway line and back. One minute rest and then repeat 4 times the exercise.</p> <p>Recovery: 3 min</p> <p>Set 2: Repeat the same exercise, again for 4 laps.</p> </div> <p>Pendinginan : <i>Cooling down</i> (10 menit)</p> | 2 sets of 4 runs |  |  | One lap |  | 30"   | Set 1 (5 laps) |  | 6 min  | Recovery |  | 4 min | Set 2 (5 laps) |  | 6 min  | <b>Total duration</b> |  | <b>16 min</b> | Walking | W | ---   | Jogging | J | ---   | Backwards | BW | ---   | Sideways | SW | --- | High intensity | HI | 1152 m | Sprint | S | --- | <b>Total distance</b> |  | <b>1152 m</b> |
| 2 sets of 4 runs      |                               |  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| One lap               |                               | 30"  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| Set 1 (5 laps)        |                               | 6 min  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| Recovery              |                               | 4 min  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| Set 2 (5 laps)        |                               | 6 min  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| <b>Total duration</b> |                               | <b>16 min</b>  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| Walking               | W                             | ---  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| Jogging               | J                             | ---  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| Backwards             | BW                            | ---  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| Sideways              | SW                            | ---  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| High intensity        | HI                            | 1152 m   |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| Sprint                | S                             | ---  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |
| <b>Total distance</b> |                               | <b>1152 m</b>  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |     |                       |  |               |

|    |                         |  |
|----|-------------------------|--|
| 14 | Rabu/2<br>Oktober 2013  | <p>Pemanasan : senam statis, <i>jogging</i>, senam dinamis (10 menit)<br/>Inti : <i>Speed endurance exercise 14</i> (30 menit)</p> <p style="text-align: center;"><b>Speed endurance exercise 14</b></p>  <p>Set 1: Run 5 laps of the speed endurance exercise as indicated in the picture.</p> <p>Recovery: 4 min</p> <p>Set 2: Run again 5 laps of the same exercise.</p> <p>Pendinginan : <i>Cooling down</i> (10 menit)</p>  |
| 15 | Jumat/4<br>Oktober 2013 | <p>Pemanasan : senam statis, <i>jogging</i>, senam dinamis (10 menit)<br/>Inti : <i>Speed endurance exercise 15</i> (30 menit)</p> <p style="text-align: center;"><b>Speed endurance exercise 15</b></p>  <p>Set 1: Run 6 laps of the speed endurance exercise as indicated in the picture.</p> <p>Recovery: 4 min.</p> <p>Set 2: Again 6 laps of the same exercise.</p> <p>Pendinginan : <i>Cooling down</i> (10 menit)</p> |

| 16                    | Jumat/4<br>Oktober 2013 | <p>Pemanasan : senam statis, <i>jogging</i>, senam dinamis (10 menit)<br/>         Inti : <i>Speed endurance exercise 14</i> (30 menit)</p> <div style="text-align: center; background-color: #e0f2f1; padding: 5px;"><b>Speed endurance exercise 16</b></div> <table border="1" style="width: 100%; background-color: #438043; color: white; font-size: small;"> <thead> <tr> <th colspan="3">2 sets of 5 laps</th> </tr> </thead> <tbody> <tr> <td>One lap</td> <td></td> <td>2'30"</td> </tr> <tr> <td>Set 1 (5 laps)</td> <td></td> <td>12'30"</td> </tr> <tr> <td>Recovery</td> <td></td> <td>4 min</td> </tr> <tr> <td>Set 2 (5 laps)</td> <td></td> <td>12'30"</td> </tr> <tr> <td><b>Total duration</b></td> <td></td> <td><b>29 min</b></td> </tr> </tbody> </table> <table border="1" style="width: 100%; background-color: #438043; color: white; font-size: x-small; margin-top: 5px;"> <tbody> <tr> <td>Walking</td> <td>W</td> <td>600 m</td> </tr> <tr> <td>Jogging</td> <td>J</td> <td>800 m</td> </tr> <tr> <td>Backwards</td> <td>BW</td> <td>300 m</td> </tr> <tr> <td>Sideways</td> <td>SW</td> <td>---</td> </tr> <tr> <td>High intensity</td> <td>HI</td> <td>1950 m</td> </tr> <tr> <td>Sprint</td> <td>S</td> <td>600 m</td> </tr> <tr> <td><b>Total distance</b></td> <td></td> <td><b>4250 m</b></td> </tr> </tbody> </table> <p><b>Set 1:</b> Run 5 laps of the speed endurance exercise as indicated in the picture.</p> <p><b>Recovery:</b> 4 min</p> <p><b>Set 2:</b> Again 5 laps of the same exercise.</p> <p>Pendinginan : <i>Cooling down</i> (10 menit)</p> | 2 sets of 5 laps |  |  | One lap |  | 2'30" | Set 1 (5 laps) |  | 12'30" | Recovery |  | 4 min | Set 2 (5 laps) |  | 12'30" | <b>Total duration</b> |  | <b>29 min</b> | Walking | W | 600 m | Jogging | J | 800 m | Backwards | BW | 300 m | Sideways | SW | --- | High intensity | HI | 1950 m | Sprint | S | 600 m | <b>Total distance</b> |  | <b>4250 m</b> |
|-----------------------|-------------------------|--|------------------|--|--|---------|--|-------|----------------|--|--------|----------|--|-------|----------------|--|--------|-----------------------|--|---------------|---------|---|-------|---------|---|-------|-----------|----|-------|----------|----|-----|----------------|----|--------|--------|---|-------|-----------------------|--|---------------|
| 2 sets of 5 laps      |                         |  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| One lap               |                         | 2'30"  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Set 1 (5 laps)        |                         | 12'30"   |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Recovery              |                         | 4 min  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Set 2 (5 laps)        |                         | 12'30"   |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| <b>Total duration</b> |                         | <b>29 min</b>  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Walking               | W                       | 600 m  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Jogging               | J                       | 800 m  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Backwards             | BW                      | 300 m  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Sideways              | SW                      | ---  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| High intensity        | HI                      | 1950 m   |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| Sprint                | S                       | 600 m  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |
| <b>Total distance</b> |                         | <b>4250 m</b>  |                  |  |  |         |  |       |                |  |        |          |  |       |                |  |        |                       |  |               |         |   |       |         |   |       |           |    |       |          |    |     |                |    |        |        |   |       |                       |  |               |