



# JARAK MENENGAH - 2

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# METODE-METODE LATIHAN

- DAYA TAHAN AEROBIK
- DAYA TAHAN ANAEROBIK

METODE KONTINYU  
METODE INTERVAL

# PARAMETER LATIHAN

- PACE / RUNNING SPEED
- VOLUME / DISTANCE OR TIME
  - REST / SEC., MIN.

# DAYA TAHAN UMUM

- SLOW CONTINUOUS RUN – REGENERATION ( 70% )
- LONG SLOW DISTANCE (80-85%)
- MEDIUM CONTINUOUS RUN (85-90%)
- FAST CONTINUOUS RUN (90-97%)
- EXTENSIVE INTERVAL (105-110%)

# AEROBIC PACE / VCR

- TES LARI 30 – 60 MENIT
- VCr (CRITICAL SPEED) = M/SEC.
- = 100% VCR

## **EXAMPLE:**

HASIL TES LARI: 60' = 18.000M

VCR =  $18.000/3600 = 5.0$  M/SEC.

or = 3:20 MIN/KM, 400m = 80''

70% = 4:46 MIN/KM or 3,5 M/SEC

# EVENT DAYA TAHAN KHUSUS

- PACE OF COMPETITION (GOAL)  
(AEROBIC, ANAEROBIC LACTIC, ANAEROBIC ALACTIC)
- DEVELOPING EVENT SPECIFIC ENDURANCE:
  - INTENSIVE INTERVAL TRAINING
  - GOAL PACE TRAINING

# CONTOH:

- SASARAN 1500M = 4:15 MIN, PACE = 68 SEC/ 400M
- VOLUME = UP TO 75% SASARAN JARAK (1200 M)
- ISTIRAHAT
  - PENDEK DI ANTARA USAHA (2 - 4 MENIT)
  - ISTIRAHAT PENUH DI ANTARA SET – (DI ATAS 30')
- BEBAN
  - 2 x (4 x 400m)
  - 2 x (3 x 500m)
  - 2 x (2 x 600m + 1 x 400m) REST
  - PENDEK DI ANTARA USAHA (2- 4 MENIT)

# MONITORING LATIHAN

- TANDA-TANDA yang NAMPAK
  - PERNAFASAN
  - WARNA KULIT
- DENYUT NADI
- PENGUKURAN LAKTAT
  - KOORDINASI
  - ISTIRAHAT PENUH ANTAR SET –  
(UP TO 30 MINUTES)



# PENINGKATAN BEBAN

- **CONT. RUN & EXTENSIVE INT.**
- **WEEKLY SESSIONS**
- **VOLUME TRAINING SESSIONS**
- **PACE (WHILE DECREASING DISTANCE)**
- **INDIVIDUAL PACE – TEST**
  
- **INTENSIVE INTERVAL**
- **INCREASE VOLUME BY ADDING SETS**
- **INCREASE VOLUME (LENGTH)**
- **INCREASE INTENSITY**
- **DECREASE THE REST**