

KONSEP ASAS SUAIAIAN FIZIKAL BAGI ATLET

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Majlis Sukan Negeri Perak
Google Meet
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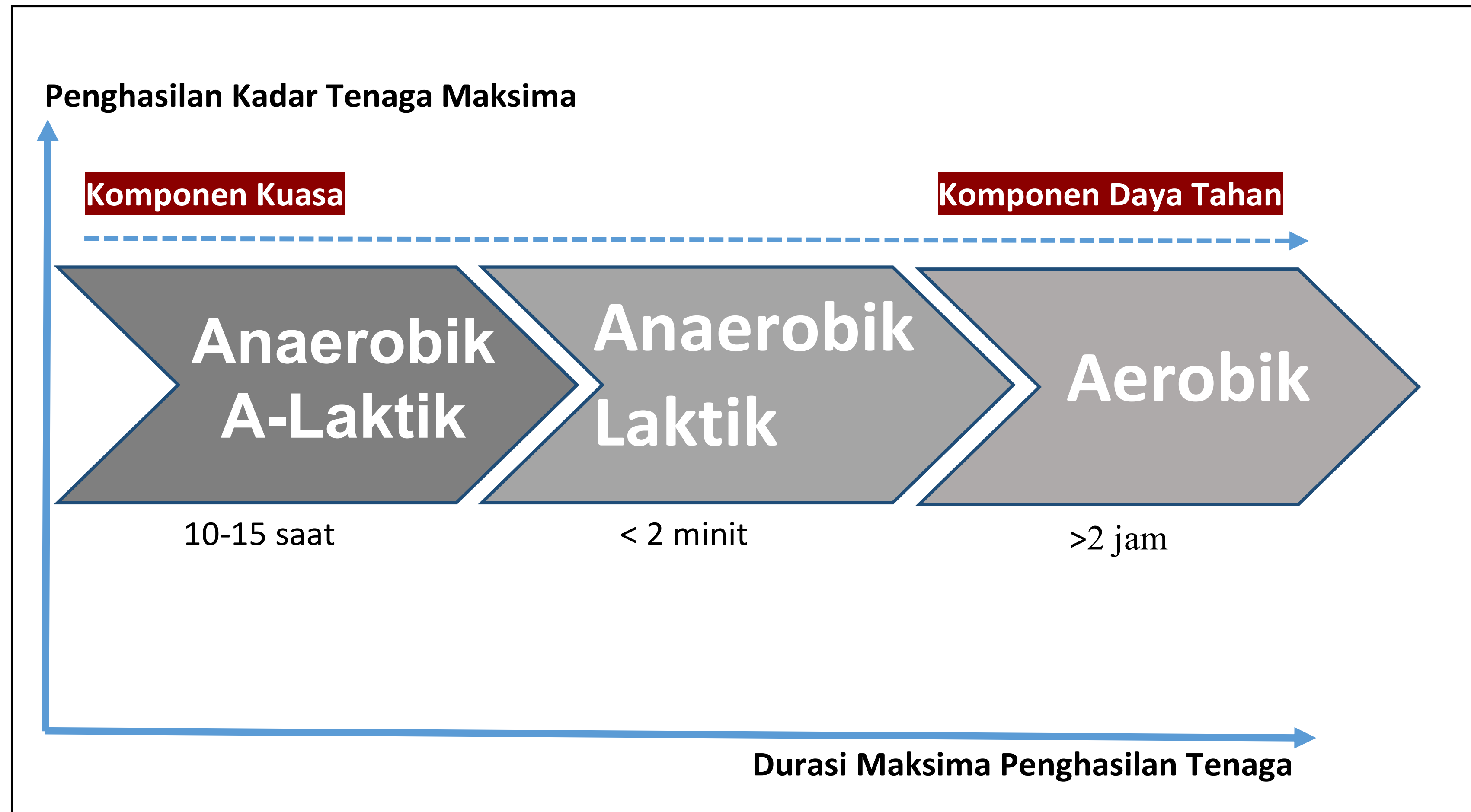


JANTUNG

OTOT

SKILL

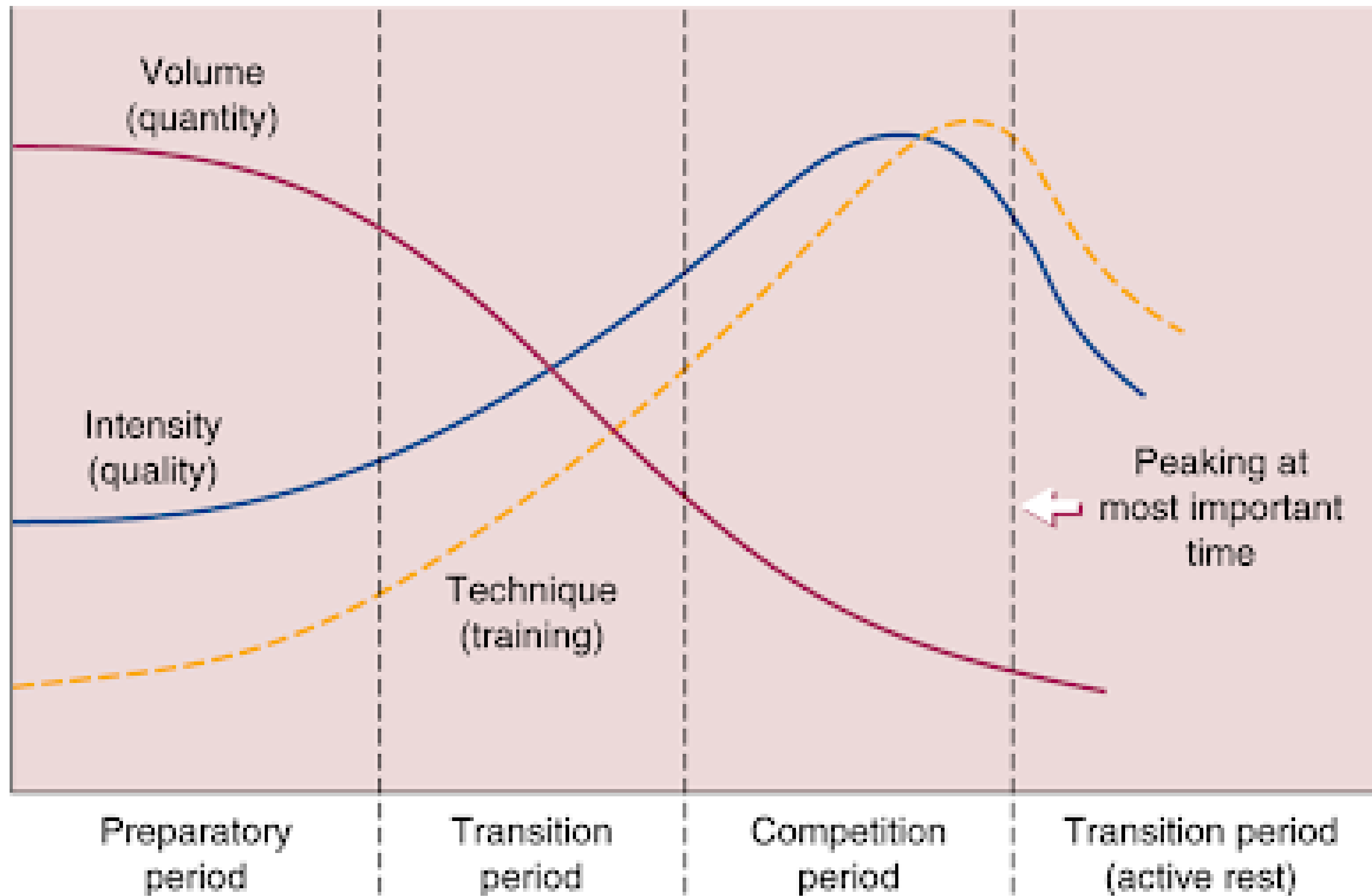




Kontinum sistem tenaga dan aplikasi dalam latihan fizikal (Artioli et al., 2012; Baker et al., 2010; Franchini, Takito, & Kiss, 2016; Gatin, 2001; Milioni et al., 2017; Perroni et al., 2010; Peyrebrune, Toubekis, Lakomy, & Nevill, 2014; M. R. Spencer & Gatin, 2001).

Sumber: Nur Ikhwan Mohamad, Ali Md. Nadzalan & Muhamad Hafiz Zainol. (2019). *Suaian fizikal taktikal bomba & penyelamat* (Editor). Tanjong Malim, Perak. Penerbit UPSI.





Graphic Source: <http://mypypeline-triathlon.blogspot.com/2008/12/training-with-plan-cycling.html>



JADUAL LATIHAN MINGGUAN

DAY	TRAINING FOCUS	SAMPLE ACTIVITY
1	Aerobic	Long Slow Distance (LSD). 45 min duration, 70% THR
2	Anaerobic	Strength Training Session 20 min (Program 1), Repeated Sprint 15m x 5 reps x 1set x 4min Rest Interval
3	Technique	
4	Active Rest	Swimming Pool activity (Program B) / Foam Rolling session
5	Aerobic	Repeated Sprint 15m x 5 reps x 5 set x ~4-5 min Rest Interval x 70-75% THR
6	Anaerobic	Strength Training Session 20 min (Program 1), Repeated Sprint 15m x 5 reps x 1set x 4min Rest Interval
7	FULL REST	SLEEP, EAT, RECOVERY MASSAGE

Sample program: Nur Ikhwan Mohamad, GPP, multi-sports



EFFORT

EFFECT

MAXIMUM
90-100%



BENEFITS: HELPS FIT ATHLETES DEVELOP SPEED

HARD
80-90%



BENEFITS: INCREASES MAXIMUM PERFORMANCE CAPACITY FOR SHORTER SESSIONS

MODERATE
70-80%



BENEFITS: IMPROVES AEROBIC FITNESS

LIGHT
60-70%



BENEFITS: IMPROVES BASIC ENDURANCE AND FAT BURNING

VERY LIGHT
50-60%



BENEFITS: HELPS WITH RECOVERY

JANTUNG

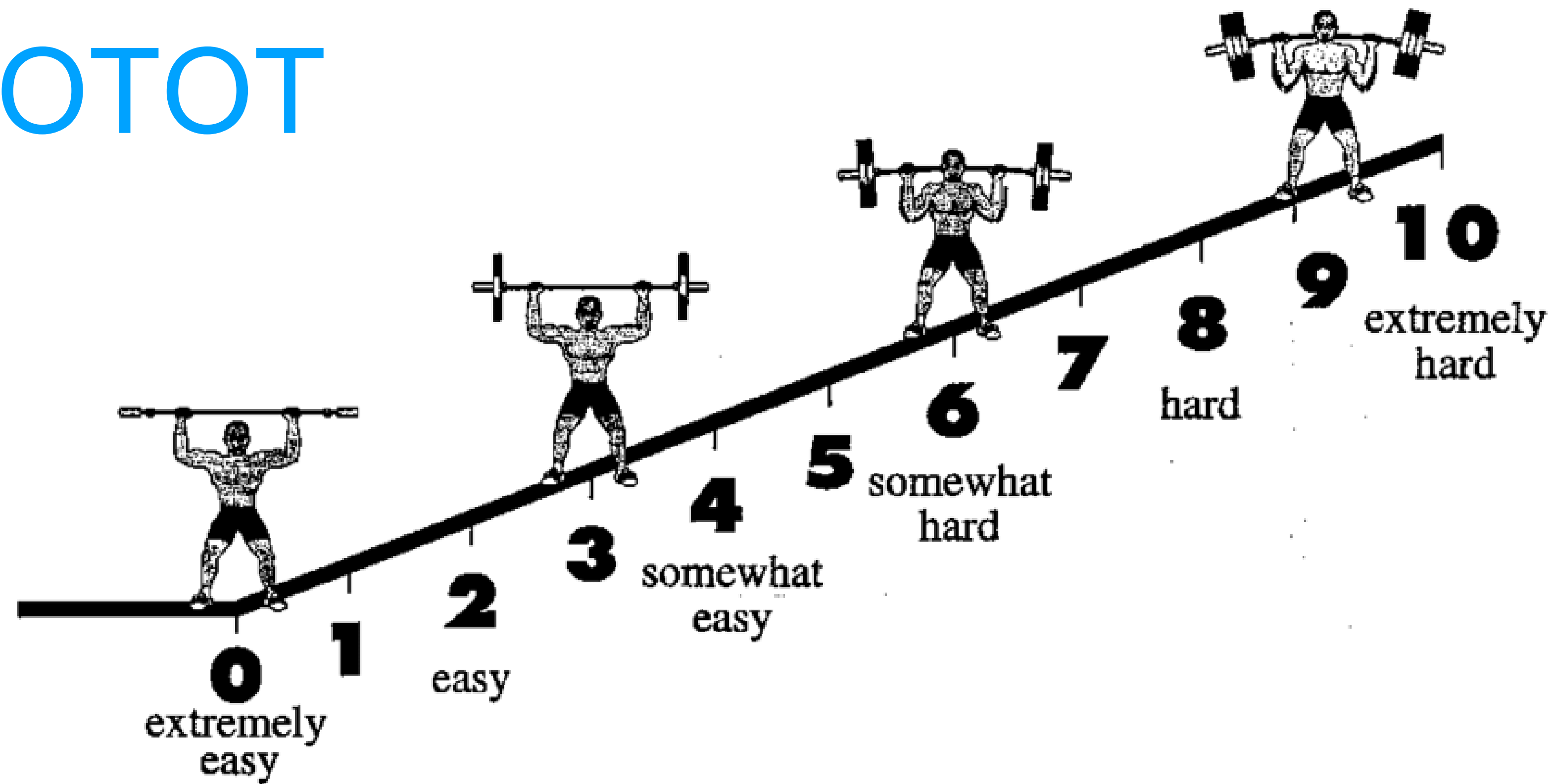


Image source: <https://hamiltonsport.com/2019/01/heart-rate-training-part-1-why-zones/>

220-umur x %Sasaran Nadi



OTOT



[Robertson, R. J., Goss, F. L., Rutkowski, J., Lenz, B., Dixon, C., Timmer, J., ... & Andreacci, J. \(2003\). Concurrent validation of the OMNI perceived exertion scale for resistance exercise. *Medicine & Science in Sports & Exercise*, 35\(2\), 333-341.](#)



www.sigconditioning.com

