

ABSTRAK

Desak Made Rita Kusuma Dewi (2026), *Implementasi dan Evaluasi Program Pelatihan Nasional Atlet Panjat Tebing Kategori Speed dalam Persiapan Menghadapi Asian Games Aichi – Nagoya XX dan Olimpiade Los Angeles 2028*. Tesis, Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha.

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Kata-kata kunci: Panjat Tebing, Program Latihan, Performa Atlet, Evaluasi Latihan

Penelitian ini dilatarbelakangi oleh pentingnya program pelatihan yang terencana dan sistematis dalam meningkatkan performa atlet panjat tebing kategori speed, khususnya dalam menghadapi Asian Games Aichi-Nagoya XX dan Olimpiade Los Angeles 2028, di mana masih ditemukan permasalahan berupa penurunan kondisi fisik, kurang optimalnya pengelolaan latihan, serta ketidakseimbangan antara latihan teknik dan fisik. Tujuan penelitian ini adalah untuk mengetahui pengaruh dan efektivitas program latihan fisik dan teknik terhadap peningkatan kecepatan panjat atlet Pelatnas. Metode yang digunakan adalah deskriptif kualitatif dengan pendekatan evaluatif melalui observasi, dokumentasi, dan pengalaman langsung peneliti sebagai atlet. Hasil penelitian menunjukkan bahwa program latihan yang terstruktur meliputi latihan teknik, fisik, recovery, dan psikologi memberikan dampak positif terhadap peningkatan performa, terutama pada kecepatan, kekuatan, dan kesiapan mental atlet. Simpulan penelitian ini adalah bahwa implementasi program latihan yang sistematis dan berkelanjutan sangat efektif dalam meningkatkan performa atlet panjat tebing kategori speed sehingga perlu terus dikembangkan secara inovatif dan adaptif.

ABSTRACT

Desak Made Rita Kusuma Dewi (2026), *Implementation and Evaluation of the National Training Program from Sport Climbing Athletes in the Speed Category in Preparation for the 20th Aichi – Nagoya Asian Games and the 2028 Los Angeles Olympics. Thesis, Physical Education, Postgraduate Program, Ganesha University of Education.*

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Keywords: Rock Climbing, Training Program, Athlete Performance, Training Evaluation

This research is motivated by the importance of a planned and systematic training program in improving the performance of speed climbing athletes, especially in preparation for the 20th Aichi-Nagoya Asian Games and the 2028 Los Angeles Olympics, where problems are still found in the form of decreased physical condition, less than optimal training management, and an imbalance between technical and physical training. The purpose of this study is to determine the influence and effectiveness of physical and technical training programs on increasing the climbing speed of Pelatnas athletes. The method used is descriptive qualitative with an evaluative approach through observation, documentation, and the researcher's direct experience as an athlete. The results show that a structured training program that includes technical, physical, recovery, and psychological training has a positive impact on improving performance, especially on speed, strength, and mental readiness of athletes. The conclusion of this study is that the implementation of a systematic and sustainable training program is very effective in improving the performance of speed climbing athletes, so it needs to be continuously developed in an innovative and adaptive manner.