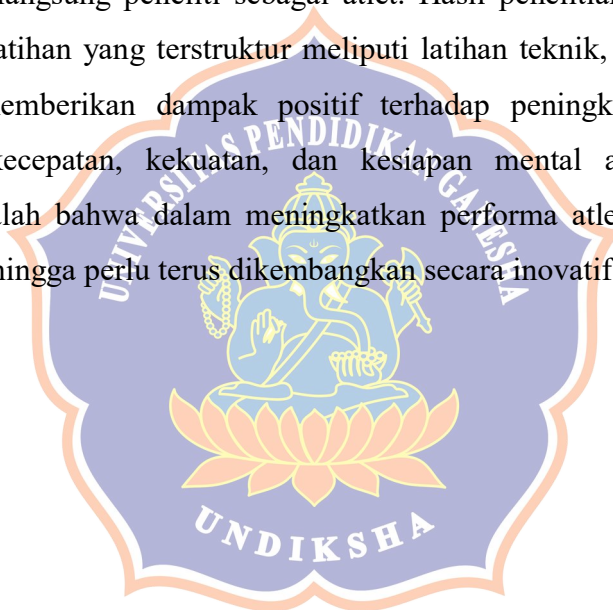


ABSTRAK

Nurul Iqamah (2026), *MENEMBUS BATAS : PRACTICE PROGRAM LATIHAN DAN PENGALAMAN KOMPETISI ATLET PELATNAS SPEED PANJAT TEBING INDONESIA*. Tesis, Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha.

Tesis ini sudah dikoreksi dan diperiksa oleh Pembimbing Utama: Dr. I Ketut Semarayasa, S.Pd., M.Or., AIFO-P. dan Pembimbing Pendamping: Dr. Kadek Yogi Parta Lesmana, S.Pd., M.Pd., AIFO-P.

Penelitian ini dilatar belakangi oleh pentingnya program pelatihan yang terencana dan sistematis dalam meningkatkan performa atlet panjat tebing kategori speed, melalui pendekatan dan 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 dalam meningkatkan performa atlet panjat tebing kategori speed sehingga perlu terus dikembangkan secara inovatif dan adaptif.



ABSTRACT

Nurul Iqamah (2026), CROSSING THE LIMITS: PRACTICE OF TRAINING PROGRAMS AND COMPETITION EXPERIENCES OF INDONESIAN NATIONAL SPEED CLIMBING ATHLETES. Thesis, Sports Education, Postgraduate Program, Ganesha University of Education.

This thesis has been corrected and reviewed by the Primary Advisor: Dr. I Ketut Semarayasa, S.Pd., M.Or., AIFO-P. and the Assistant Advisor: Dr. Kadek Yogi Parta Lesmana, S.Pd., M.Pd., AIFO-P.

This research is motivated by the importance of a planned and systematic training program in improving the performance of speed climbing athletes, through an approach and evaluation based on observation, documentation, and the researcher's direct experience as an athlete. The results show that a structured training program encompassing technical, physical, recovery, and psychological training has a positive impact on improving performance, particularly on athletes' speed, strength, and mental readiness. The conclusion of this study is that in order to improve the performance of speed category rock climbing athletes, it is necessary to continue to develop innovatively and adaptively.

