

**Training on Pre-PON DIY Puslatda Training Program**  
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ABSTRACT

This community service aims to improve the knowledge, skills and abilities of the Pre PON DIY Puslatda trainers in planning quality and qualified sports training programs for the sake of sports achievements. As well as providing sports trainers with the knowledge of the preparation of correct training programs and based on science and technology. This activity method uses the lecture method, to explain everything related to what is the preparation of the training program, how to arrange a good and accurate training program. Furthermore, there are questions and answers between presenters and participants, besides that there is a discussion between presenters and participants as well as fellow participants, this is to provide an understanding that discussion will get input from other sports. The last is the practice of making / compiling an exercise program, meaning that all theories and discussions carried out are then implemented in the preparation of the exercise program.

The results obtained from the participants were able to understand the training material for the preparation of training programs, carry out the task of preparing the training programs for each sport and compile an annual training program

Kata Kunci: *Training, Trainer, Exercise Planning*