

# **TRAINING IN TRAINING AND FOOD MANAGEMENT TO ACHIEVE MAXIMUM ACHIEVEMENT DURING THE PANDEMIC IN YOGYAKARTA SPECIAL REGION**

**by Danardono, Djoko Pekik Irianto, Okky Indera Pamungkas**

## **ABSTRACT**

Ppm's "Exercise and Food Management To Achieve Maximum Achievement in Pandemic Times" is organized in addition to providing knowledge and skills for coaches in calculating athletes' calorie needs related to training planning, as well as knowledge and skills for coaches in educating athletes about the importance of exercise and food management to achieve maximum achievement in pandemic times. This training activity was attended by sports coaches in Yogyakarta Special Region. This activity is carried out offline at KONI DIY by implementing health protocols during the Covid19 pandemic in accordance with the applicable provisions of PPM Activities "Training and Food Management To Achieve Maximum Achievement in pandemic times" is carried out in the form of socialization in theory and practice. Theory is given by the method of lectures, discussions and questions and answers. Practice materials are provided by making a simple nutritional intake menu plan and training program planning for athletes according to the tasks given by the source. Keywords: Exercise and Food Management, Pandemic

Kata Kunci: *Exercise and Food Management, Pandemic*