

# **NUTRITION MANAGEMENT TRAINING FOR PRE PON PUSLATDA TRAINING IN YOGYAKARTA**

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## **ABSTRACT**

A good training program must involve all the components needed by athletes in training, including a nutritional planning program for athletes. There are still many trainers of PUSLATDA DIY who have not made/included nutritional plans for their athletes or still do not have the ability to make nutritional plans for their athletes. Athlete Nutrition Planning for DIY PUSLATDA Trainers needs to be done. Many of the trainers of PUSLATDA DIY are good and experienced in managing training in the field, but not many have looked deeper into the energy reserves of their athletes, hydration status and nutritional adequacy. In order for the trainers of PUSLATDA DIY, to have broad skills, especially regarding the making of nutrition planning programs, and have adequate skills in handling cases related to the nutritional intake of athletes, training is one way that can be achieved. So with this, KONI DIY will soon issue a policy on Management of Athlete Nutrition Planning for DIY PUSLATDA Trainers.

Kata Kunci: *management, nutrition, coach, athlete*