

DAFTAR LAMPIRAN

	Halaman
Lampiran 1: Daftar Nama Atlet Lari <i>Sprint</i> 100 Meter Atlet PASI Asahan.....	47
Lampiran 2: Data Sampel Hasil Tes Lari <i>Sprint</i> 100 Meter Atlet PASI Asahan	48
Lampiran 3: Hasil Tes <i>Single Leg Bound</i>	49
Lampiran 4: Daftar Hadir.....	50
Lampiran 5: Perencanaan Program Latihan	51
Lampiran 6: Data Nilai <i>Pre-Test</i> Lari 100 Meter.....	70
Lampiran 7: Data Nilai <i>Post-Test</i> Lari 100 Meter	71
Lampiran 8: Uji Normalitas <i>Pre-Test</i> Lari 100 Meter	72
Lampiran 9: Uji Normalitas <i>Post-Test</i> Lari 100 Meter	73
Lampiran 10: Uji Homogenitas <i>Pre-Test</i> Dan <i>Post-Test</i> Lari 100 Meter.....	74
Lampiran 11: Uji Hipotesis <i>Pre-Test</i> Dan <i>Post-Test</i> Lari 100 Meter	75
Lampiran 12: Tabel Distribusi T.....	76
Lampiran 13: Tabel Nilai Kritis Liliefors	77
Lampiran 14: Tabel Titik Persentase Distribusi F	78
Lampiran 15: Surat Izin Penelitian	79
Lampiran 16: Surat Balasan Penelitian.....	80
Lampiran 17: Dokumentasi Penlitan.....	81

