

In Season Physical Training Program for Rugby

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beastly Circuit + 20 x Tabata (20 seconds work:10seconds rest)	Full Body Strength or Full Body Power + Upper Body Strength	Repeated Speed session OR Swim OR Cross Training session	Light Power weights + upper body strength	Rest & Stretch	Game	Pool Based Recovery & Stretch
Fartlek Run			Short speed session			

Monday

Beastly Circuit – Deadlift/Hang Clean/Push Press/Front Squat/Bent Over Row/Romanian Dead Lift then 3 minutes rowing @ <1:40 pace for 500 metres (6 reps on each exercise, once you pick the bar up you do not put down until you have completed all 6 exercises, 6 times through entire program)

Tabata Intervals if using rowing machine must each 100 metres on each rep

Fartlek Run: 5 minutes at 2,400m pace then 10 – 15 minutes with a burst of high intensity running of 5, 10 and 15 secs every 30 seconds then 5 mins at 2,400m pace then 10 – 15 minutes with a burst of higher intensity running for 15, 30 and 45 secs every mintes and finish with 5 minutes at 2,400m pace.

Tuesday

Full Body Power 5 sets x 3 reps + Plyometrics 5 x 6 reps + Upper Body Strength

1 x Olympic – Power Clean s/s knees to feet jumps

1 x Squats – Band Box Squats s/s jumps onto box

1 x Upper generated through lower – Push Press s/s medicine ball throws against a wall

Upper Body Strength with 3 week progression:

Incline Bench Press super set with Weighted Chins

Week 1 – 6,5,4,4

Week 2 – 5,4,3,3

Week 3 – 4,3,2,2

Then return to week 1 but use different variations on main exercises

OR

Full Body Strength

1 x Olympic – Power Clean

1 x Squat – Back Squat

1 x Hamstring/Lower Back – Good Morning

1 x Upper Push – Bench Press

1 x Upper Pull – Weighted Chins

Week 1 – 6,5,4,4

Week 2 – 5,4,3,3

Week 3 – 4,3,2,2

Then return to week 1 but use different variations on main exercises

Wednesday

Repeated Speed session: 5 minutes warm up running at 2,400m pace then

10 x 50 metres going every 30 seconds

20 x 25m going every 15 seconds with an off the ground start

Cross Training session: 5 minutes warm up at fast spin pace then 60 seconds climb

followed by 30 seconds spin for 20 minutes

Pool 20 x 25 metres trying to minimize the number of breaths you take, walk back after each 25m no dive into pool

Thursday

Light Power Session + Plyometrics (3 x 6 @ 40 – 60% super set plyos 3 x 6)

Snatch from blocks s/s knees to feet jumps

¼ Explosive Squats in rack s/s box jumps

Split Jerk s/s Medicine Ball chest throws against wall

Upper Body Strength

Bench Press super set with Bent Over Row 3 x 3 @ 80% max

Speed Session:

Warm up for 15 minutes with a range of movements drills and gradual increase in speed till you are at around 85% of top speed and are ready to go, say high knees, carioca, marching drills, footwork patterns on ladders and mini hurdles with a short acceleration out of the drill. Then choose 2 or 3 of the following (numbers will vary depending on fatigue and the group you are working with, emphasis on sharpness, no more than 20 minutes).

- (A) Plyos - single hurdle jump and sprint 22m walk back recovery, increase height each rep if you can x 5 or 5 x 22m bound then 28m sprint or repeat long jumps 22m then sprint out x 5
- (B) Resisted (parachute or sled or harness) - sprint with resistance for 10 - 20m then release and sprint for 10 - 20m with no resistance
- (C) Assisted work with bungees - have a partner stretch out the cord he has a football, you sprint out with the assistance of the cord and receive a pass on an arc line to his left or right vary it each time, 4 each side.
- (D) Crossovers - sprint out straight for 22m, plant your right foot hard and cut diagonally for 10m then straighten off your left foot and sprint out for 22m repeat going the other way x 4 each side
- (E) In and Outs - sprint hard for 20m ease back for 10m sprint hard for 20m and then ease out for 10m repeat x 5
- (F) Flying 30's - build up over 22m and then hit top pace and hold through to the half way line walk through to the other end and repeat x 4
- (G) One v One - turn them inside out from behind and race (Motsy drill) in 15m x 50m area of field one player starts about 5 metres in front of his partner (he has ball) facing the same way, the player behind attempts to turn the defender (front man) both ways and then when he sees a gap sprints past him and races to the 50 m line
- (H) 2 on 1 - start at try line with partner with a harness on and he has the ball, a defender is on the 22m line, partner holds harness for 5 m of resistance and releases at this time the defender can move off his line ball carrier draws defender and passes to trailing support player who then attempts to outsprint both players to ½ way line, stay in the 15m channel.

Sunday

Pool Recovery Sessions

100m free style kick, flippers okay, hold onto kick board do not stop after 50m

3 minutes in Spa or Sauna or Steam

100m backstroke kick, flippers okay, hold kick board on chest, do not stop after 50m

3 minutes in Spa or Sauna or Steam

50m freestyle with pool buoy between upper thighs, turn into 50m breaststroke

3 minutes in Spa or Sauna or Steam

100m aqua jogging with buoyancy belt

3 minutes in Spa or Sauna or Steam

100m aqua jogging with buoyancy belt.

Finish!