

COLLECTIVE GAINS

GET RUGBY FIT

**8 Simple Fitness & Conditioning
Sessions you should be doing as a
Rugby Player**

BEFORE WE GET INTO IT

ASK YOURSELF 'WHY' AM I OUT HERE PUTTING IN THIS EXTRA WORK. GET CRYSTAL CLEAR ON YOUR GOALS, DESIRES AND THE BEHAVIORS REQUIRED TO BE SUCCESSFUL ON THE FIELD

IF YOU'RE IN-SEASON, USE THESE RUN OPTIONS AS A TOP-UP OUTSIDE OF REGULAR TEAM TRAININGS AND GAMES. HOW MANY MINUTES DID YOU PLAY ON THE WEEKEND? IF YOU COME OFF THE BENCH AND DIDN'T GET A FULL 80 MINUTES, THESE TOP UPS CAN BE REALLY HELPFUL TO KEEP YOU READY AND YOUR FITNESS WHERE IT NEEDS TO BE. IF YOU'RE IN OFFSEASON OR PRESEASON AND HAVE NO GAMES OR REGULAR TEAM TRAININGS, YOU CAN PROBABLY UP THE INTENSITY AND VOLUME A LITTLE MORE

BE MINDFUL OF YOUR WEEKLY GYM SCHEDULE – DON'T BE RECKLESS AND GO SPRINTING AFTER A HEAVY LEG SESSION

PERFORM A PROPER, WORLD-CLASS WARMUP BEFORE ANY RUNNING SESSION INCLUDING DYNAMIC STRETCHING AND MOBILITY

WIN YOUR PREP, PLAN YOUR WEEKS, BE INTENTIONAL. WRITE IT OUT, BUILD OUT A ROUTINE AND STRUCTURE AND TRACK YOUR PROGRESS

HAVE FUN, TRAIN SMART & GET HELP IF YOU NEED IT

BROKEN BRONCO

0-20M & BACK

0-40M & BACK

0-60M & BACK

X1

REST 60-90 SECONDS BETWEEN EACH REP

REPEAT X 5

GET A SCORE: RECORD TIME FOR EACH REP AND NOTE
DIFFERENCE BETWEEN FASTEST AND SLOWEST REP

(PROGRESS TO 7+ AS YOUR RECOVERY GETS BETTER BETWEEN
EACH REP)

BRONCO FITNESS RUN

0-20M & BACK

0-40M & BACK

0-60M & BACK

X5

HOW FAST CAN YOU RUN 5 REPS?

A SOLID TARGET TO SHOOT FOR IS UNDER 5 MINUTES. THIS ALSO
DEPENDS ON YOUR POSITION. E.G. IF YOU'RE A PROP, DON'T
COMPARE YOUR TIME WITH A WINGER OR SCRUMHALF/HALFBACK.
A GOOD TIME IS ABOUT PUTTING YOU IN THE BEST POSSIBLE
POSITION TO PLAY GREAT RUGBY!

522'S (EMOM)

START ON TRYLINE

SPRINT FROM TRYLINE TO 5M & BACK
PERFORM DOWN & UP ON TRYLINE
SPRINT TO 22M & BACK (1 REP)

REPEAT AS MANY TIMES AS POSSIBLE IN 30 SECONDS

REST FOR 30 SECONDS

REPEAT X 6

HOW TO MEASURE: CALCULATE TOTAL DISTANCE RUN AND
DIFFERENCE BETWEEN FASTEST & SLOWEST REPS

PROGRESSION: ADD ANOTHER ROUND WITH 3MIN REST BETWEEN
ROUNDS

88'S (EMOM)

START ON TRYLINE

SPRINT FROM TRYLINE TO 22M & BACK TWO TIMES
= 88M

LEAVE EVERY 60 SECONDS

REPEAT X 6-8

PROGRESSION: LEAVE EVERY 30-45 SECONDS AND/OR ADD
ANOTHER ROUND WITH 2-3 MINUTE REST BETWEEN ROUNDS

1KM RUN

START ON TRYLINE

RUN X 10 LENGTHS OF A FULL RUGBY FIELD NON-STOP

GET A SCORE: RECORD TIME!

PROGRESSION: RUN BACK TO BACK ROUNDS WITH A SHORT REST BETWEEN. ALSO GREAT TO DO WITH A MATE TO GET THOSE COMPETITIVE JUICES FLOWING!

150M SHUTTLE (EMOM)

PLACE CONES AT 5M, 10M, 15M, 20M & 25M

START ON TRYLINE

SPRINT SHUTTLE STYLE WORKING 5M & BACK, 10M & BACK, 15M & BACK AND SO ON FOR 30 SECONDS NON-STOP

RECORD DISTANCE COVERED

REST 30 SECONDS

REPEAT X 6-8

GET A SCORE: RECORD TOTAL DISTANCE COVERED & DIFFERENCE BETWEEN FASTEST REP AND SLOWEST REP

730'S

START ON TRYLINE

SPRINT AS FAR AS YOU CAN FOR 7 SECONDS

(RECORD/MARK DISTANCE COVERED)

WALK TO OPPOSITE TRYLINE = 30 SECOND REST

REPEAT COMING BACK THE OTHER WAY

(RECORD/MARK DISTANCE COVERED)

X 10

MALCOLM DRILL

START ON HALFWAY LINE ON YOUR CHEST

JUMP UP, AND SPRINT TO 10M LINE (10M RUN), PERFORM A DOWN AND UP, TURN AND SPRINT TO FAR 10M LINE (20M RUN), TURN AND SPRINT BACK TO HALFWAY LINE (10M RUN)

1 REP

LEAVE EVERY 30 SECONDS X 6-8

PROGRESSION: PERFORM 2-4 REPS NON-STOP AND THEN REST FOR AS LONG AS IT TAKES YOU TO COMPLETE IT WORKING 1:1 RATIO (REST THE SAME AMOUNT OF TIME IT TAKES TO PERFORM EACH REP)

BONUS TIPS & THOUGHTS

WHAT'S YOUR 10M, 20M & 40M TIMES?

WHEN WAS THE LAST TIME YOU PERFORMED A YOYO ENDURANCE OR BEEP TEST?

WHAT'S YOUR BROAD JUMP DISTANCE AND/OR VERTICAL? (A GREAT MEASURING TOOL FOR EXPLOSIVE POWER)

IF YOU LOOKED AT YOUR LAST 24-48 HOURS OF EATING, HOW WOULD YOU RATE IT? DID YOU EAT ENOUGH PROTEIN? DID YOU EAT EVERY 3-4 HOURS?

WHEN LET ME KNOW HOW YOU WANT TO PROCEED. IN TRAINING SESSIONS, HOW OFTEN DO YOU INCORPORATE RUGBY SKILLS (CATCH & PASS, KICKING, CONTACT AREA ETC.) INTO THE SAME SESSION SO YOU CAN BE MORE EFFICIENT WITH YOUR TIME?

NAIL YOUR TRAINING

NAIL YOUR PROTEIN & FOOD

NAIL YOUR RECOVERY

NAIL THE BASICS