# Fitness Plan

## Example Plan 1

**PLAYER POSITION:** NUMBER 8 **PHYSICAL PREPARATION:** 3 TO 4 YEARS **LEVEL OF CONDITIONING:** MEDIUM **TRAINING PHASE:** PRE-SEASON

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|---|---|---|---|
| **Monday** | **Aerobic capacity** | | |
| | Fartlek Speed Play 2 | | |
| | **Strength 1** | | |
| | Treadmill or Run | Jump Rope - beginner | Sandbag Lunge walk |
| | Bench Bridge - Intermediate | Sandbag Deadlift | Dynamic push up |
| | Exercise Ball Stabilization Roll Out | Sandbag step up | Alternating Side Prone Hold |
| | Climber Walk | Sandbag bicep curl shoulder press | Sit up - intermediate |
| **Tuesday** | **Rugby Training** | | |
| | Rugby Training | | |
| | **Anaerobic capacity** | | |
| | Short Interval Training 5 | | |
| **Wednesday** | **Strength 2** | | |
| | Cycle Warm Up | DB Chest Fly | DB bent over row |
| | MB Squat - Press and Bend | DB Deep Squats | BB rotation intermediate |
| | Kneeling MB rotation throw | Lat Pullover | Exercise ball back extension |
| | Cycle Warm Up | Single leg bridging | Stabilization with rotation |

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| **Thursday** | **Rugby Training**<br>Rugby Training<br><br>**Speed / Agility**<br>Run Through<br>Ankling<br>A Skip<br>B Skip<br>Bear Crawl<br>Ready to Roll<br>Knee lifts with stabilization<br>Lateral Knee Lift Stabilization<br>Carioca<br>MB Throw Acceleration<br>Cone Hops Turn and Chase<br>Push up lateral acceleration<br>Lateral Agility 5 cone<br>Agility 5 cone zigzag |
| **Friday** | **Activity of choice**<br>Cross Training Activity |
| **Saturday** | **Aerobic capacity**<br>MAS Training 1<br><br>**Recover**<br>Ocean plunge |
| **Sunday** | **Rest**<br>Rest |

# Monday

## Aerobic capacity

### Fartlek Speed Play 2

General warm up for 6-8 minutes. Stretch and then continue.

- Starting at one corner of the field, sprint to the 22m line, sprint across the field and back to the other corner (114m). Walk across the goal line to the corner you started.
- Repeat this pattern but run up to the 50m mark before heading across the field and back down to the opposite corner (170m).
- Repeat the pattern to the far 22m (226m), to the other end of the field (270m) and work back to the start using the same pattern.
- Have a 3-4 minute break then repeat this pattern again.
- Jog for 6 minutes to warm down and stretch

## Strength 1

### Treadmill or Run

Maintain the natural running gait, particularly as the speed increases. Open the chest 'iron bar' through the shoulders. Full arm action, eyes forward. 5min working at 6 / 10

### Bench Bridge - Intermediate

Place the hands on the floor for stability. Starting with the feet shoulder width apart on the bench, raise the hips off the floor until the thighs are in line with the torso. Hold for 2 secs, lower and repeat. 2x10 Rest 30 secs

### Exercise Ball Stabilization Roll Out

Start with the hands and forearms on the exercise ball. Roll the ball forward until the body is straight and you are up on your toes. Keep the body in the prone position for 2 seconds and repeat the movement. 2x10 Rest 30 secs

### Climber Walk

Walk the hands and feet forward along the floor for 20m with the knee outside the position of the elbows. Keep the neck in line with the spine. Maintain a moderate tempo. Keep a rigid body throughout. Repeat twice. rest 1min

### Jump Rope - beginner

Keep on the balls of the feet and eyes up. Focus should be on increasing the speed of the skips and decrease the contact time with ground. 2min working at 8 / 10

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## Sandbag Deadlift

Position the sandbag on the thighs. Start with the feet shoulder width apart and take a firm grip on the ends of the sandbag. Squat as far as comfortable then stand to the start position, keeping the arms straight. Maintain neutral spinal curves and keep the feet flat on the ground throughout the exercise. 3x10 Rest 60 secs

## Sandbag step up

Position the sandbag at the chest with arms wrapped under it. As a guideline, the ideal height of the box is that the knee should be in line with the top of the box. Step onto the box in a heel to toe fashion then extend up onto the top of the box and stand tall. The foot should face forward and be in line with the knee and hip. The knee should track in line with the middle of the foot. Reverse the movements back to the start position and keep the knees, hip and toe in line. Alternate the legs after each repetition. 3x10 Rest 60 secs

## Sandbag bicep curl shoulder press

Start with the feet shoulder width apart. Maintain neutral spinal curves and continue to look forward with eyes up. Stand up simultaneously through the hips and knees pulling the sandbag to the chest and then press it above the head. Return the sandbag to the ground and repeat the movements. 3x10 Rest 60 secs

## Sandbag Lunge walk

Position the sandbag on the shoulder using your hands to support it. Maintain an upright torso and do not allow the shoulders to roll forward during the lunges. When performing the walking lunge, the knee should track in line with the middle of the foot. 3x10 Rest 60 secs

## Dynamic push up

Start kneeling with knees shoulder width apart. Keep the hands forward from the chest in preparation for the landing. Lean forward from the knees, absorb the force and then push up strongly back to the start position. 2x10 Rest 60 secs

## Alternating Side Prone Hold

Start in a prone position with the elbows under the shoulders and the legs in line with the torso. Rotate the body to open out at the chest, hold for 1sec and then return the arm to the start position. Repeat the movements to both sides. 2x10 Rest 60 secs

## Sit up - intermediate

Lay on your back, bend the knees and focus your eyes on the ceiling. Slide the hands up the thighs until the fingers are at the knee caps and in turn bring the chest up. Keep feet flat on the floor. Reverse the movement back to the start position. 2x30 Rest 60 secs

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# Tuesday

## Rugby Training

### Rugby Training

Work through skills and drills with the coach. Give it 110%, work with the team and prepare for the game ahead

## Anaerobic capacity

### Short Interval Training 5

9 x 75m sprint (maximal efforts)/25m jog/25m walk

Starting at the goal line of a rugby field, sprint 75m at full sprint then jog through to the other end. Walk back to the 22m line. Get ready for another maximal effort.

Have a 3-4 minute break between these two sets

8 x 100m sprint (maximal efforts)/100m walk

Have a 4-5 minute break between these two sets

7 x 150m sprint (maximal efforts)/ 50m jog/50m walk

# Wednesday

## Strength 2

### Cycle Warm Up

Adjust the seat so at the bottom of the pedal stroke the knee is only slightly flexed. Lean forward slightly so you have a neutral curve in the spine. Do not allow the shoulders to roll forward. 3-5min RPE 5 at 80RPM

### MB Squat - Press and Bend

Perform a squat and then press the medicine ball straight up above the head. Stand up and bend once to either side. As you squat down, lover the ball back to your chest before repeating the movement. extend. Keep your hips and eyes facing forward. 20 reps each with a 3-4 kg ball or fill a stock feed bag with sand.

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## Kneeling MB rotation throw

Kneel along side a wall or partner, about 1m apart. Both knees are on the ground. Throw the medicine ball against the wall continuously and follow through to the target with your hands to prepare to catch the return pass or rebound. The hands should be kept close to the body to simulate the rugby pass. 20 each side with 3-4kg MB

## Cycle Warm Up

Adjust the seat so at the bottom of the pedal stroke the knee is only slightly flexed. Lean forward slightly so you have a neutral curve in the spine. Do not allow the shoulders to roll forward. 3-5min RPE 7 at 90RPM

## DB Chest Fly

Keep the head, shoulders and hips in contact with the bench with the feet flat on the ground. Maintain a slight bend in the arms throughout the exercise with palms facing inwards. Lower the dumbbells to the side until they are in line with the chest then pull back to the start position. 3x12 Rest 90secs

## DB Deep Squats

Keep the shoulders comfortably up and back while holding the dumbbells by the sides. Avoid rounding the shoulders and point the toes slightly outwards. Drop down to a full squat position then stand to the start position. The knees should track in line with the middle of the feet, maintain the neutral curves in the spine and keeps eyes looking forward. 3x12 Rest 90secs

## Lat Pullover

Keep the head, shoulders and hips in contact with the bench with the feet flat on the ground. Maintain straight arms throughout the exercise and lower the weight above the head until the hands are in line with the bench and raise the arms back to the start position. 3x12 Rest 90 secs

## Single leg bridging

Lie flat on the ground and hands by your side. Start the exercise with one leg bent and heel in contact with the ground and the other leg straight. Keep the head and shoulders touching the ground. Lift the hips off the floor until the thighs are in line with the body, then control the movement back to the start position. Repeat 15 on each leg. rest 30 secs

## DB bent over row

Use a split stance. The same leg will be forward to the arm that is lifting. The angle of the body may vary depending on the height of the bench. Pull the elbow to the side until it is in line with or slightly above the body. Keep the elbow in tight close to the body. 3 x 12 reps, rest 90 secs

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### BB rotation intermediate

Start with a parallel stance with the hips and shoulders facing forward. The end of the bar should close to chest height. Keep the elbows tucked close to the sides and rotate the bar from side to side while keeping the feet parallel and flat on the floor. 3 x 12 reps, rest 90 secs

### Exercise ball back extension

Place the feet against a wall, secure them under an object or have a partner hold them. Position the hips over the exercise ball with the hands behind the head and the elbows wide. Keep the hips and legs stationary as you bend forward over the ball until your chest hits the ball, before then reversing the movement back to the start position. Control both the movement phases. 2 x 30 reps. Rest 90 secs

### Stabilization with rotation

When in the horizontal position, do not allow hips to drop. Start with the elbows under the shoulders and the legs in line with the body. Rotate the body to open the chest then return to the start position. Alternate the movement to perform one on each see of the body to total 20 each side.

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# Thursday

## Rugby Training

### Rugby Training

Work through skills and drills with the coach. Give it 110%, work with the team and prepare for the game ahead

## Speed / Agility

### Run Through

Run forward at a comfortable pace while maintaining correct running technique. Maintain an upright posture with the chest up and swing the arms straight through. Hands go passed your pockets. Lift your toes up in your shoes to help the ball of the foot hit the ground. 4 x 60m, building up from 50-60-70-80% max speed. Active Rest - walk back 30sec

### Ankling

Start with a tall relaxed posture, shoulders back. Keep eyes up and the chest open. Run forward by pressing off the balls of the feet. Minimize the contact time with the ground for each stride. Do not allow the heels to contact the ground. Arm speed should mirror leg speed. 2x20 Rest 10secs

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## A Skip

Skip forward and bring the knee up to 90 degrees. Push off the ball of the foot. Swing the arms straight through and avoid rotation. Maintain a slight forward lean without bending at the belly. The height of the skips and the contact time with the ground can vary, but try stating slowly and increasing speed each repetition. 2 x 20m with 10secs rest.

## B Skip

Start with a tall relaxed posture, shoulders back. Keep eyes up and the chest open. Skip forward and bring the heel over the opposite knee and point the toes of foot upwards. The hip should pause slightly and the ball of the foot should land on the ground first and under the hips. Drive the foot down into the ground then left the leg straight up. 2 x 20m Rest 10secs

## Bear Crawl

Start in a push-up position with the hands shoulder width apart and the legs straight out behind you with feet just outside shoulder width, keeping the knees bent. Move the left hand and the right leg forward to start crawling. Alternate the arm and leg movements while keeping the back straight and the hips and shoulders at the same height. 4 x 20m Rest 15sec

## Ready to Roll

Start in the ready position. Feet shoulder width apart, hands up, eyes up. On command or if training by yourself, drop and roll before exploding back onto you feet. On 'go' or every 3rd roll, run forward 5m. Complete 10-12 rolls

## Knee lifts with stabilization

Begin by balancing on one leg in a running posture. Using a counter movement, alternate legs and hold the landing. You should swing the arms to assist with the jumps. Land on the balls of the feet and remember fast feet are light feet. 4 x 10m with 10secs rest.

## Lateral Knee Lift Stabilization

Start with the unsupported leg in the direction of travel and in a position ready to land. Land on the ball of the foot and absorb the landing through the ankle, knee and hip. Maintain a rigid torso with the shoulders above the hips. Keep the hips square and eyes forward. Knee should track in line with the foot. 4 x 10m Rest 5sec

## Carioca

The contact with the ground should be with the balls of the feet. Allow the body and hips to rotate, eyes forward, keeping the arms wide for balance. To increase the difficulty of the exercise, have someone call out the changes of direction randomly. 4 x 10m with 10secs rest.

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### MB Throw Acceleration

Parallel stance to start, squat down with MB between your ankles, then explosively throw the medicine ball forward in a scooping action, followed by a sprint forward. MB 3-5kg. 6 x15m Rest 30secs

### Cone Hops Turn and Chase

Stand between 2 x 20-30cm cones. Begin with a counter movement and use the arms to assist with the hops. The contact time with the ground should be as short as possible. Keep the hips and shoulders square and facing forward with the chest and chin up. Pattern: hop left - middle both feet - hop right - middle both feet, turn and chase 6 x10m Rest 30secs

### Push up lateral acceleration

Start in a push up position. Place one hand on a medicine ball and the other hand on the ground. Perform a push up then roll the ball to the other hand and repeat the push up. Turn and sprint to the side immediately after completing the prescribed number of push ups. Be sure to perform sprints in alternate directions. (i.e. rep 1 to the left, rep 2 to the right etc.). 6x5m Rest 30secs

### Lateral Agility 5 cone

Start in an athletic position with the feet shoulder width apart, knees slightly bent and leaning slightly forward. Keep the shoulders inside the outside leg while changing direction. 6 reps. 4 steps between the cones. Rest 30secs

### Agility 5 cone zigzag

Start with a split stance (sprinters start), leaning forward at the hips with the shoulders forward and the knees bent. The feet should face forward and position the arms ready to accelerate. Retain the low body position with a forward lean. 6 reps. 4 steps between the cones. Rest 30secs

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# Friday

## Activity of choice

### Cross Training Activity

Your choice of optional training: swimming, touch rugby, cycling

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# Saturday

## Aerobic capacity

### MAS Training 1

Five-minute run, 1200-1400 meters 10 x 40 seconds on, 20 seconds off, between 180-200 meters each rep 10 x 30 on, 30 off, between 150-170 meters each rep 10 x 20 on, 40 off, between 110-130 meters each rep Five-minute run, 1200-1400 meters

## Recover

### Ocean plunge

Spend 15-20min walk in waist deep water. Either the ocean or swimming pool. Get your recovery snack in: Chocolate milk, cereal bar and a banana will get that process started.

# Sunday

## Rest

### Rest

Rest / Sleep is still the king of recovery. Approx. 9hrs per night is recommended for 13-16yr olds. Take some time out with music, friends, movies, etc.

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