Fitness Plan

Example Plan 2

PLAYER POSITION: PROP **PHYSICAL PREPARATION:** 0 TO 2 YEARS **LEVEL OF CONDITIONING:** HIGH **TRAINING PHASE:** IN-SEASON

Monday	**Aerobic capacity** Fartlek Run
Tuesday	**Rugby Training** Rugby Training
Wednesday	**Strength 1** Treadmill or Run Bridging - beginner Alternate Arm Leg Raise Climber - beginner Jump Rope - beginner Exercise Ball Leg Curl - beginner Push Ups - intermediate Pull Ups - Intermediate MB Squat - Press and Bend Prone Hold - Intermediate **Anaerobic capacity** Short Interval Training 1
Thursday	**Rugby Training** Rugby Training
Friday	**Activity of choice** Cross Training Activity

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Saturday	**Game** Game **Recover** Stretch Calf Quad Hamstring Buttocks Lower Back Torso Upper Back Shoulders Chest Neck
Sunday	**Rest** Rest

Monday

Aerobic capacity

Fartlek Run

30 seconds running @ 80% max. Followed by 30 seconds jogging continue for 10 minutes. Walk recovery 5minutes Repeat 3 times in total.

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

Wednesday

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

Bridging - beginner

Start with feet shoulder width apart with the head and shoulders in contact with the ground. Lift the hips off the ground until the thighs are in line with the body then control movements back to the start, returning the hips to the ground after each repetition. 20 reps

Alternate Arm Leg Raise

Start with the hands under the shoulders, the knees under the hips and neutral curves in the spine. Don't allow the spine to sag. Extend the opposite arm and leg, then return to the start position. Alternate between left arm and right leg to right arm and left leg. 20 reps.

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Climber - beginner

Start in a press up position. Body straight and neck in line with the spine. With hands firmly planted, alternate legs in a dynamic fashion by raising one knee towards the chest. 20 reps

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

Exercise Ball Leg Curl - beginner

Lay flat on your back with arms out in a T position. Position your feet on the exercise ball. Lift the hips off the floor until the legs are in line with the body, keep the body stationary and bend the knees, moving the ball towards your body, then reverse the movements back to the start position by extending your legs. Keep hips up in-between reps. 3 x 10 reps, Rest 60secs

Push Ups - intermediate

Start with the body straight and with the hands shoulder width apart or slightly wider. Lower the chest towards the floor, until you get about a fist height from the ground. A flat marker cone is a good distance. Keeping the neck in line with the spine then push up to the start position. 3 x 10 reps, rest 1 min.

Pull Ups - Intermediate

Grip the bar using an overhand grip with the hands shoulder width apart. Pull the body up until the chin is above the bar. Lower yourself so you fully extend to the start position before the next repetition. Do not swing to lift the body up. 3 x max reps, rest 1min

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. 3 x 10 reps, rest 1min with a 3-4 kg ball or fill a stock feed bag with sand.

Prone Hold - Intermediate

Start with the forearms flat on the floor with the palms facing down. Lift your hips off the ground and make your body a 'strong plank'. Your neck should stay inline with your spine, keep your chin off your chest. Hold the plank position for 2 minutes, rest for 1 minute and repeat once more.

Anaerobic capacity

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Short Interval Training 1

8 x 20m sprint (maximal effort)/20m jog (on 30 sec turnaround)

Starting at the goal line of a rugby field, sprint 20m at full sprint then jog through 20m and wait for the start call for your next sprint.

Ball carry plus different start positions and change of directions and competition.

Have a 2-3 minute break between these two sets

8 x 30m sprint (maximal effort)/30m jog (on 45 sec turnaround)

Have a 3-4 minute break between these two sets

8 x 40m sprint (maximal effort)/40m jog (on 60 sec turnaround)

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

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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

Game

Game

Get out there and put all this week's hard work into play. Good luck!

Recover

Stretch

Athletes need good recovery for top performance - the sooner you recover, the sooner you can train well again. In addition to your recovery snack of a banana, cereal bar and a chocolate milk in the first 20min after your game. Stretching after your game will help recovery: 10 stretches and hold each for 10 secs. Repeat twice. Later in the day or the next day, try some Active recovery - like walking or swimming for 20min. Try combining both... swim a length, get out and walk a length.

Calf

Step back and place foot flat on the ground with foot facing forward. Lean forward and allow the heel to lift off the ground. Keep the back leg straight. 2 x 10sec each leg, Rest = relax the stretch and repeat.

Quad

Hold onto something for balance. Pull the foot towards the buttocks. Pull the foot
straight up. Keep balanced and the hips and shoulders square. 2 x 10sec each leg. Rest = relax the stretch and repeat.

Hamstring

Start with the hips and shoulders square, toes facing straight up. Keep the front leg straight and the back leg bent. Lean forward at the hips. Move the chest forward rather than down. Changing the direction that the foot faces changes the emphasis on the hamstring muscles. Place the hands on the floor for balance and use them to push back to start position. 2 x 10sec each leg. Rest = relax the stretch and repeat.

Buttocks

Keep the hips, shoulders and head on the ground. Pull the knee towards the same shoulder. 2 x 10sec each leg. Rest = relax the stretch and repeat.

Lower Back

Start in a kneeling position with the hands under the shoulders, the knees under the hips and a flat back. Breathe out and push belly button towards the floor, then breathe in and bring the spine back to a neutral position. Keep your neck inline with spine. 2 x 10sec each. Rest = relax the stretch and repeat.

Torso

Start with the head, shoulders and hips on the floor with the knees bents. The arms should start in a T position, flat on the floor. Keep the shoulders and head on the floor and lower the knees towards the floor on one side. Keep the legs together, hold the position at the end of the movement, before rotating back the other way. 2 x 10sec each. Rest = relax the stretch and repeat.

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Upper Back

Lean forward at the hips to press the chest forward while keeping the neck in line with the spine. Place your hands slightly above head height. Most of the body weight should be supported by the legs and not through the shoulders. Change the position of the hands on the wall to make the stretch easier or harder. 2 x 10 secs. Rest = relax the stretch and repeat.

Shoulders

Start on all fours with the knees approximately hip width apart. Rotate the body to reach the arm under the body and sit the hips back towards the heels to increase the stretch. 2 x 10sec each. Rest = relax the stretch and repeat.

Chest

Start with the forearm flat against the wall with the elbow approximately 90 degrees away from the side. Keep the elbow stationary and rotate the body away from the wall until you feel a stretch in the chest. Changing the position of the forearm on the wall changes the emphasis of the stretch. 2 x 10 each. Rest = relax the stretch and repeat.

Neck

Start with the head leaning slightly back with the hands on the forehead. Move the head forward until in a neutral position then press further into the hands. Apply counter pressure from the hands to keep the head in the same position as the neck muscles continue to contract and stretch. 2 x 10secs. Rest = relax the stretch and repeat.

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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