Fitness Plan

Example Plan 3

PLAYER POSITION: FULLBACK **PHYSICAL PREPARATION:** 5 OR MORE YEARS **LEVEL OF CONDITIONING:** LOW **TRAINING PHASE:** OFF-SEASON

Monday	**Lower Body Strength** – *Strength 1 (Alt with Strength 2)* Cycle Warm Up Bridging - Intermediate Half Back Squat Hang Clean Shrug DB Leaning Calf Raise DB Forward Backward Lunge Exercise Ball Leg Curl - beginner Cycle Warm Up - Stand Up **Aerobic capacity** MAS Training 2 **Upper Body Strength** – *Strength 2 (Alt with Strength 1)* Treadmill or Run Walking Push ups DB Chest Press DB Bent Over Row DB Chest Fly DB alternating biceps curls DB Triceps extension Pull Ups - Intermediate Prone Hold - Intermediate Alternating Side Prone Hold
Tuesday	**Activity of choice** Cross Training Activity

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Wednesday	**Anaerobic capacity** Medium Interval Training 1 **Lower Body Strength** – *Strength 1 (Alt with Strength 2)* Cycle Warm Up Bridging - Intermediate Half Back Squat Hang Clean Shrug DB Leaning Calf Raise DB Forward Backward Lunge Exercise Ball Leg Curl - beginner Cycle Warm Up - Stand Up **Upper Body Strength** – *Strength 2 (Alt with Strength 1)* Treadmill or Run Walking Push ups DB Chest Press DB Bent Over Row DB Chest Fly DB alternating biceps curls DB Triceps extension Pull Ups - Intermediate Prone Hold - Intermediate Alternating Side Prone Hold
Thursday	**Rugby Training** Rugby Training **Recover** Spine Self Massage Spine Self Massage Latissimus dorsi Self Massage Quadriceps Self Massage Buttock Self Massage Hamstring Self Massage Calf Self Massage Iliotibial (IT) band Self Massage
Friday	**Lower Body Strength** – *Strength 1 (Alt with Strength 2)* Cycle Warm Up Bridging - Intermediate Half Back Squat Hang Clean Shrug DB Leaning Calf Raise DB Forward Backward Lunge Exercise Ball Leg Curl - beginner Cycle Warm Up - Stand Up **Upper Body Strength** – *Strength 2 (Alt with Strength 1)* Treadmill or Run Walking Push ups DB Chest Press DB Bent Over Row DB Chest Fly DB alternating biceps curls DB Triceps extension Pull Ups - Intermediate Prone Hold - Intermediate Alternating Side Prone Hold
Saturday	**Aerobic capacity** Modified Aerobic Assessment **Recover** Ocean plunge

Sunday	**Rest** Rest

Monday

Lower Body Strength

Strength 1 (Alt with 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. 5-8min RPE 6 at 80RPM

Bridging - Intermediate

Position the feet securely on the exercise ball and start with the hands out in a T position with palms down. Lift the hips off the floor until the legs are in line with the body. Reverse the movement back to the start position. Reps 20

Half Back Squat

Start with the bar behind the neck on the upper trapezius muscle. Place the hands on the bar so they are sitting above the elbows. Eyes forward and looking slightly up and open the chest like you have an iron rod through your shoulders. The feet should be shoulder width apart and facing slightly out. Drop to a half squat position until the thighs are parallel to the ground. Keep the knees pointing over the middle of the foot and the heels should remain flat on the ground. 3 x 15 reps, rest 90 secs

Hang Clean Shrug

Start with the bar at thigh level then lean forward until the bar hangs slightly below the knees. As the bar rises just above the knees push the hips forward keeping the bar close to the body. When the lower body is fully extended, shrug the shoulders while allowing the arms to bend a little. 3 x 15 reps, rest 90 secs

DB Leaning Calf Raise

Stand on a low box or step. Place a hand against the wall at shoulder height. The feet should be shoulder width apart with the balls of the feet on the edge of the box / step. Whilst keeping the body straight, lower the heels past the step then press up onto the balls of the feet. Keen should track over the middle of the foot. 3 x 15 reps, rest 90 secs

DB Forward Backward Lunge

Hold the DB's by your sides. Lunge forward and backwards continuously. Keep the shoulders and hips in line, aim the knee over the middle of the foot and do not allow the knee to cover the toes. 3 x 15 reps, rest 90 secs

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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 15 reps, rest 90 secs

Cycle Warm Up - Stand Up

Adjust the seat so at the bottom of the cycle the knee is slightly flexed. Rather than pedal up and down, you should pedal in a circular motion. Pull back at the bottom of the pedal stoke and push over the top of the pedal. Sit in the seat for 1min and stand up and continue pedalling for 15secs whilst keeping the same tempo for 15sec. Repeat x 7-8 maintaining the intensity throughout. RPE 6

Aerobic capacity

MAS Training 2

Warm-up with dynamic movement drills and a light jog A: 3 x 22m in <15 seconds, jog to far try line in <45 seconds, repeat x 8 B: 4 x 35m shuttle in 30 seconds, rest 30 seconds, x 10 C: Out and Back Shuttle: 2 x 73m shuttle in 30 seconds, rest 30 seconds, x 8 D: Rugby Suicide: Start at 1/2 way line, sprint 10m back pedal 10m, sprint 28m, back pedal 18m, sprint 40m, all in <30 seconds, turn and jog back to 1/2 way in <15 seconds, rest 15 seconds. Repeat x 8

Upper Body Strength

Strength 2 (Alt with 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

Walking Push ups

Start in press up position with the hands and feet wide apart with one hand and the same foot slightly forward of the other. Perform a push up. Walk forward by bringing the other hand and foot forward. Repeat these movements for 20 reps.

DB Chest Press

Lie flat on your back with the head, shoulders and hips on the bench and feet on the floor. Lower the dumbbells until they are a fist height off the chest and then press up to the start position. Keep the wrists rigid. 3x15 Rest 90sec

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DB Bent Over Row

Start is a parallel stance with a forward lean position and flat back. Raise the elbows so they go past the level of the back and return the dumbbells to the start position. Maintain a stable torso and control both phases of the exercise. Keep the chin from touching the chest. 3x15 Rest 90sec

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. 3x15 Rest 90secs

DB alternating biceps curls

Grip the dumbbells with palms facing up, thumbs are pointing to the outside. Look forward and not down at the dumbbells. Use a parallel stance with the hips and shoulders facing forward. Alternate having one arm straight and the other arm bent. 2x15 Rest 90sec

DB Triceps extension

Use a hammer grip on the DB's with parallel stance and the hips and shoulders facing forward. Keep the elbows close to the head with the arms parallel and raise the arms above the head and then bend the arms to lower the DB's behind the head. 2x15 Rest 90sec

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

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 2-3 minutes

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 and continue for 2-3 minutes.

Tuesday

Activity of choice

Cross Training Activity

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

Wednesday

Anaerobic capacity

Medium Interval Training 1

8 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

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

Lower Body Strength

Strength 1 (Alt with 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. 5-8min RPE 6 at 80RPM

Bridging - Intermediate

Position the feet securely on the exercise ball and start with the hands out in a T position with palms down. Lift the hips off the floor until the legs are in line with the body. Reverse the movement back to the start position. Reps 20

Half Back Squat

Start with the bar behind the neck on the upper trapezius muscle. Place the hands on the bar so they are sitting above the elbows. Eyes forward and looking slightly up and open the chest like you have an iron rod through your shoulders. The feet should be shoulder width apart and facing slightly out. Drop to a half squat position until the thighs are parallel to the ground. Keep the knees pointing over the middle of the foot and the heels should remain flat on the ground. 3 x 15 reps, rest 90 secs

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Hang Clean Shrug

Start with the bar at thigh level then lean forward until the bar hangs slightly below the knees. As the bar rises just above the knees push the hips forward keeping the bar close to the body. When the lower body is fully extended, shrug the shoulders while allowing the arms to bend a little. 3 x 15 reps, rest 90 secs

DB Leaning Calf Raise

Stand on a low box or step. Place a hand against the wall at shoulder height. The feet should be shoulder width apart with the balls of the feet on the edge of the box / step. Whilst keeping the body straight, lower the heels past the step then press up onto the balls of the feet. Keen should track over the middle of the foot. 3 x 15 reps, rest 90 secs

DB Forward Backward Lunge

Hold the DB's by your sides. Lunge forward and backwards continuously. Keep the shoulders and hips in line, aim the knee over the middle of the foot and do not allow the knee to cover the toes. 3 x 15 reps, rest 90 secs

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 15 reps, rest 90 secs

Cycle Warm Up - Stand Up

Adjust the seat so at the bottom of the cycle the knee is slightly flexed. Rather than pedal up and down, you should pedal in a circular motion. Pull back at the bottom of the pedal stoke and push over the top of the pedal. Sit in the seat for 1min and stand up and continue pedalling for 15secs whilst keeping the same tempo for 15sec. Repeat x 7-8 maintaining the intensity throughout. RPE 6

Upper Body Strength

Strength 2 (Alt with 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

Walking Push ups

Start in press up position with the hands and feet wide apart with one hand and the same foot slightly forward of the other. Perform a push up. Walk forward by bringing the other hand and foot forward. Repeat these movements for 20 reps.

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DB Chest Press

Lie flat on your back with the head, shoulders and hips on the bench and feet on the floor. Lower the dumbbells until they are a fist height off the chest and then press up to the start position. Keep the wrists rigid. 3x15 Rest 90sec

DB Bent Over Row

Start is a parallel stance with a forward lean position and flat back. Raise the elbows so they go past the level of the back and return the dumbbells to the start position. Maintain a stable torso and control both phases of the exercise. Keep the chin from touching the chest. 3x15 Rest 90sec

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. 3x15 Rest 90secs

DB alternating biceps curls

Grip the dumbbells with palms facing up, thumbs are pointing to the outside. Look forward and not down at the dumbbells. Use a parallel stance with the hips and shoulders facing forward. Alternate having one arm straight and the other arm bent. 2x15 Rest 90sec

DB Triceps extension

Use a hammer grip on the DB's with parallel stance and the hips and shoulders facing forward. Keep the elbows close to the head with the arms parallel and raise the arms above the head and then bend the arms to lower the DB's behind the head. 2x15 Rest 90sec

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

Prone Hold - Intermediate

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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 and continue for 2-3 minutes.

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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

Recover

Spine Self Massage

Position the foam roller under the upper /middle back, (thoracic spine). Feet flat on the ground. Roll the hips from side to side in a controlled fashion without rotating too far in either direction. 10 reps

Spine Self Massage

Roll back and forth along the length of the spine, keeping body straight and the neck in line with the spine. Place the hands behind the head to support the neck if need be. If a tight area is identified, pause and maintain pressure for a short period. 10 reps

Latissimus dorsi Self Massage

Place the foam roller under the latissimus dorsi muscle (side of trunk) and roll forward and backwards controlling the speed and pressure. Use a 2-2-2 tempo. 10 reps

Quadriceps Self Massage

Lie straight with the forearms flat on the ground. Press the body forward and back against the ground to roll the front of the thighs over the roller. Control the speed and pressure. Use a 2-2-2 tempo. 10 reps

Buttock Self Massage

Sit on the roller, keep the leg straight and roll back and forth on the foam roller over the buttock muscles. Rotate the hips to massage all parts of the buttocks. If a tight area is identified, pause and maintain pressure for a short period of time. Control the speed and pressure. Use a 2-2-2 tempo. 10 reps

Hamstring Self Massage

Sit on the roller and roll in to the top of the buttocks. Roll the hamstring (back of the upper leg) back and forth on the foam roller, keeping the leg straight. point the toes in and out to massage all aspects of the thigh. If a tight area is identified, pause and maintain pressure for a short period of time. Control the speed and pressure. Use a 2-2-2 tempo. 10 reps

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Calf Self Massage

Whilst sitting, place the roller under the calves. Put one leg over the other and roll the calf muscle back and forth on the foam roller, keeping the leg straight. Point the toes in and out to massage all aspects of the calf. If a tight area is identified, pause and maintain pressure for a short period. Control the speed and pressure. Use a 2-2-2 tempo. 10 reps

Iliotibial (IT) band Self Massage

Lie on your side and position the roller on the outside of the thigh with the leg straight. Roll forward and back on the roller, pulling with the hand. Roll from the hip all the way down the length of the outside of the leg. Rotate the leg to vary the location of the massage. Control the speed and pressure. Use a 2-2-2 tempo. 10 reps

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Friday

Lower Body Strength

Strength 1 (Alt with Strength 2)

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Upper Body Strength

Strength 2 (Alt with Strength 1)

Treadmill or Run

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Walking Push ups

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Prone Hold - Intermediate

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Alternating Side Prone Hold

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Saturday

Aerobic capacity

Modified Aerobic Assessment

Warm Up with a light 10min jog / active stretch. Part A) Aerobic Power Assessment (APA) Out and back - 60m - 40m - 20m Repeat all 5 times Note: 1. Around the 5 minute mark correlates well to 20-m Shuttle Level 13 2. Well-conditioned rugby 7s and 15s players achieve the repetitions in about 4 mins 30 secs - For example, a Top Tier One 15s player recently recorded 4 mins 27 secs - A quick time for an international 7s player was low 3 mins 30secs and with team average of about 4 mins 45 secs. Rest 10min. Part B) Modified YoYo 1 - Start a stop watch: Complete the YoYo to your maximum, followed by 5min active rest - walking only. Commence the YoYo again starting from the level you finished and go again to failure. At failure - whatever time you have left out of 25min, continue jogging the field.

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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