

RUGBY SPECIFIC WORKOUT

WORKOUT GOAL	The aim of the programme is to increase performance in rugby specific components of fitness						
WORKOUT DESCRIPTION	In this workout programme you have 4 different workouts to choose from. You can either perform a different one each training day, or stick with the same one for 4-6 weeks before changing to another one						
SAFETY BRIEF	Perform a full body effective warm up. Stay hydrated. Select appropriate weight for experience. Please seek guidance from your GP for any injuries or medical conditions						
EQUIPMENT	Functional and strength kit						
DURATION	45 - 60 minute sessions						
WARM UP	2 x 30 secs per exercise	Squat variations		Sprawls/crawls	Over head reach change hands		
THE WORKOUTS	Session design & equipment			Methodology			
	Complete each exercise for 60 secs. After you have completed all exercises in the set, complete another two sets. Use a range of functional and strength kit			In the strength sets, focus on time under tension and the power in the lift. In the power sections, look to maximise the performance of the move with every rep			
	Workout	Set	Exercise	Time	Equipment	Exercise recovery	Target reps
	Workout 1	Strength A1	4 x deadlifts	60 secs	Barbell	60-90 secs	5-8
		Strength A2	4 x pull ups	60 secs	Pull up bar	60-90 secs	5-8
		Strength A3	3 x upright row	60 secs	Barbell	45-60 secs	8-14
		Strength A4	3 x seated row	60 secs	Seated row	45-60 secs	8-14
		Strength A5	3 x chest fly	60 secs	DAP cable	45-60 secs	8-14
		Strength A6	4 x heavy sled push	60 secs	Sled/track	60-90 secs	20 metres
	Workout 2	Power A1	4 x cleans	60 secs	Barbell	60-90 secs	8-14
		Power A2	4 x thrusters	60 secs	2 x kettlebells	60 secs	8-14
		Power A3	3 x box jumps (change plane each set)	60 secs	Plyo box	60 secs	8-14
		Power A4	3 x drop off push ups	60 secs	Raised platforms	60 secs	8-14
		Power A5	3 x flips	60 secs	Tyre/sqyre	60 secs	8-14
Power A6		3 x explosive rotation throws	60 secs	Med ball	60 secs	6-8 each side	
Workout 3	Strength B1	4 x front squat	60 secs	Barbell/rack	60-90 secs	5-8	
	Strength B2	4 x bench press	60 secs	Bench press	60-90 secs	5-8	
	Strength B3	3 x single arm row	60 secs	TRX	60 secs	6-8 each side	
	Strength B4	3 x split squats	60 secs	Kettlebell	60 secs	6-8 each side	
	Strength B5	3 x reverse fly	60 secs	DAP cable	60 secs	8-14	
	Strength B6	3 x military press	60 secs	Barbell/rack	60 secs	6-8 each side	
Workout 4	Power B1	4 x single arm push	60 secs	Barbell/landmine	60 secs	6-8 each side	
	Power B2	4 x single leg hop	60 secs	TRX	60 secs	6-8 each side	
	Power B3	3 x chest to floor suicides (shuttles)	60 secs	Bodyweight/track	60 secs	8-14	
	Power B4	3 x lateral 2-1 with light ViPR push	60 secs	ViPR	60 secs	6-8 each side	
	Power B5	3 x heavier ViPR squat and throw	60 secs	ViPR	60 secs	8-14	
	Power B6	4 x light sled push	60 secs	Sled/track	60 secs	20 meters	
COOL DOWN	Slow mobilisers						
STRETCH	30 secs per stretch	Foot outside hand mountain climbers		Sprawl stretch	Straight leg toe reach		
IF YOU LIKE THIS, TRY...	For more sport specific training, speak to a specialised Personal Trainer						