

STRENGTH AND CONDITIONING

PROGRAMME FOR GOOD TO GREAT
RUGBY PLAYERS



RATIONALE

This programme has been designed to develop your levels of Strength and Conditioning to enhance your sporting performance.

If followed correctly, this programme will develop your speed, strength, power and endurance whilst reducing the likelihood of injury.

We look to strengthen the whole body from head to toe, spotting and improving weaknesses along the way. We strive for longevity and constructing a body that is going to last a lifetime, not just a season.

The Strength part refers to getting you stronger in order for you to handle the physical demands of your sport safely and competently.

This is partnered with Conditioning: increasing your capacity for exertion through movement, so that you can perform better for longer.

TESTS

- **Height and Weight**
 - **10m Sprint**
 - **20m Sprint**
 - **T-Test**
 - **Vertical Jump Test**
 - **YOYO Test**
 - **Sit and Reach Test**
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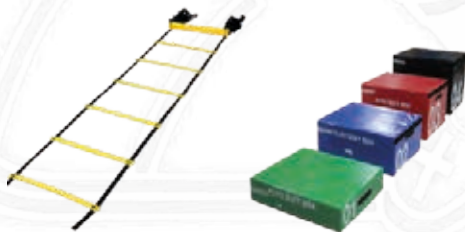
Gordon's School

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STRENGTH AND CONDITIONING GOOD TO GREAT PROGRAMME FOR RUGBY PLAYERS

Prep Work / Warm Up / Glute Activation

The importance of this cannot be ignored. We use this section to get the body fully ready to train at optimum level – this is to allow individuals to achieve maximum performance and progression.



Speed / Power

Speed and power is vital for any rugby player, particularly the backs to be able to evade opponents. The ability to accelerate, decelerate and change direction away from opponents is a huge advantage to today's game.

Strength / Power

Lower and upper body strength is imperative in rugby. A strong core and lower body gives any rugby player the strong base required when performing the mechanics of the game. Amongst other things, a strong upper body allows players to out strength their opponents and regain or retain possession of the ball for their team.



Flexibility / Cool Down

Flexibility is important in rugby, as good flexibility not only allows athletes to perform at optimal level, but also can prolong careers by avoiding injuries. Constantly stretching and cooling down properly after each session can aid injury prevention, to allow the muscles and ligaments to recover in the correct manner.

STRENGTH AND CONDITIONING

RUGBY

PREP WORK / WARM UP

Pulse Raiser of your choice

Yoga mobilisation sequence: Press up, Downward dog, Cobra x5

Complete glute activation work

Build up of speed / power work from 50% to 100%

SPEED / POWER

Exercise	Sets	Reps	% OF 1RM
1). Ladder Single Step	3		100%
2). Ladder Double Step	3		100%
3). Ladder Lateral Shuffle	3		100%
4). Single Leg Pogos	3	10 (each)	100%
5). Broad Jumps	3	5	100%
6). MB Horizontal Shot	3	5	100%
7). MB Vertical Shot	3	5	100%
8). Sprints (10m, 20m, 30m)	3	1 (each)	100%

STRENGTH / POWER

Exercise	Sets	Reps	% OF 1RM
1). Deadlift	3	5	80-90%
2a). Squat	2-3	6-8	80-90%
2b). Alt Dumbell Shoulder Press	2-3	8-10 (each side)	70-80%
3a). Dumbell Lateral Lunge	2-3	10-12 (each side)	70-80%
3b). Single Arm Row	2-3	10-12 (each side)	70-80%
4a). Bear Crawls	2-3	10m - 20m	80-90%
4b). Cable Pallof Press	2-3	10-12 (each side)	70-80%

CORE / STRETCHES

2x45s Plank Up / Downs	Hamstrings
	Quadriceps
2x45s Leg Raises	Calves
	Glutes

NOTES

Squat and Deadlift variations are to be judged on the technical ability of the athlete

All athletes must complete pre-screening demonstrating variations of squats before adding any additional weight

Any efforts of 80% and over must have a spotter

IF YOU ARE UNSURE ON ANY EXERCISES PLEASE SPEAK TO MR JONES

STRENGTH AND CONDITIONING

RUGBY			
PREP WORK / WARM UP			
Pulse Raiser of your choice			
Yoga mobilisation sequence: Press up, Downward dog, Cobra x5			
Complete glute activation work			
Build up of speed / power work from 50% to 100%			
SPEED / POWER			
Exercise	Sets	Reps	% OF 1RM
1). Ladder Single Step	3		100%
2). Ladder Double Step	3		100%
3). Ladder Reverse Lateral Shuffle	3		100%
4). Lateral Single Leg Pogos	3	10 (each)	100%
5). Lateral Broad Jumps	3	5	100%
6). MB Horizontal Shot	3	5	100%
7). MB Vertical Shot	3	5	100%
8). Sprints (20m, 40m, 60m)	3	1 (each)	100%
STRENGTH / POWER			
Exercise	Sets	Reps	% OF 1RM
1). Squat	3	5	80-90%
2a). Deadlift	2-3	6-8	80-90%
2b). Bench Press	2-3	10-12	70-80%
3a). Bulgarian Split Squat	2-3	6-8 (each side)	80-90%
3b). Pull Up (Horizontal if needed)	2-3	10-12	70-80%
4a). Hip Thrusters	2-3	6-8	80-90%
4b). Cable Woodchop	2-3	10-12 (each side)	70-80%
CORE / STRETCHES			
2x45s MB Crunches	Hamstrings		
	Quadriceps		
2x45s Cable Pallof Press	Calves		
	Glutes		
NOTES			
Squat and Deadlift variations are to be judged on the technical ability of the athlete			
All athletes must complete pre-screening demonstrating variations of squats before adding any additional weight			
Any efforts of 80% and over must have a spotter			
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