

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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Ian Jones

Head of Strength and Conditioning

Fitness Centre Manager

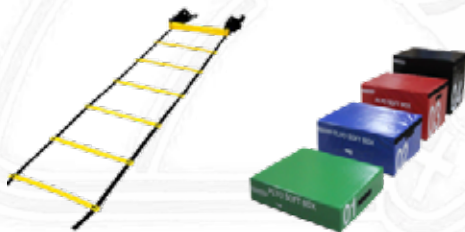
Gordon's School

ijones1@gordons.school

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 strengthen 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 activation work				
Build up of speed/power work from 50%-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	
2x45s Leg Raises			Quadriceps	
			Calves	
			Glutes	
NOTES				
Squat and RDL 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%-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				
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GORDON'S SCHOOL
WEST END
WOKING
SURREY
GU24 9PT
01276 858084
info@gordons.school