

MEN'S RUGBY - STRENGTH & CONDITIONING PROGRAMME



PLAYER:		MONTH:	NOV
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GAME (S) SESSION DATE		07.11.11				14.11.11				21.11.11				28.11.11				Comments
WARM UP		CMJ1	CMJ2	CMJ3	BW	CMJ1	CMJ2	CMJ3	BW	CMJ1	CMJ2	CMJ3	BW	CMJ1	CMJ2	CMJ3	BW	
FOAM ROLLER	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	REPS																	
	WT																	
WARM UP - MINI BANDS / MOBILITY	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	REPS	16	16			16	16											
	WT																	
PAIR 1: PUSH PRESS (FORWARDS) / JUMP SQUAT (BACKS)	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	REPS	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	INDIVIDUAL REPS, NOT CONTINUOUS
	WT																	
PAIR 1: BOX JUMPS	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	REPS	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	
	WT																	
PAIR 2: BULG. SP SQUATS	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	REPS	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
	WT																	
PAIR 2: PULL UPS	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	REPS	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	
	WT																	
PAIR 3: SINGLE LEG HIP EXTENSION (BAR ON WAIST, SHOULDERS ON BENCH)	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	REPS	6	6	6		6	6	6		6	6	6		6	6	6		DROP HIPS TOWARDS FLOOR, SQUEEZE GLUTES AND RAISE BACK TO START POSITION
	WT																	
PAIR 3: ALT. DB BENCH	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	REPS	6	6	6		6	6	6		6	6	6		6	6	6		
	WT	20																
BB ROLLOUTS & FLOOR WIPERS	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	REPS	12	12	12		12	12	12		12	12	12		12	12	12		
	WT																	
	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	REPS																	
	WT																	

MEN'S RUGBY - STRENGTH & CONDITIONING PROGRAMME



PLAYER:		MONTH:	OCT
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GAME (S) SESSION DATE		10.10.11				17.10.11				24.10.11				31.10.11				Comments
WARM UP		CMJ1	CMJ2	CMJ3	BW	CMJ1	CMJ2	CMJ3	BW	CMJ1	CMJ2	CMJ3	BW	CMJ1	CMJ2	CMJ3	BW	
FOAM ROLLER	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	REPS																	
	WT																	
WARM UP - MINI BANDS / MOBILITY	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	REPS																	
	WT																	
PAIR 1: SNATCH GIRP HIGH PULLS (WIDE GRIP)	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	REPS	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	
	WT																	
PAIR 1: LOW TO HIGH BOX JUMPS	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	REPS	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	STEP OFF LOW BOX ONTO FLOOR AND AS QUICK AS POSSIBLE JUMP ONTO HIGH BOX (CONTACT TIME ON FLOOR MUST BE MIN)
	WT																	
PAIR 2: TRAP BAR DEADLIFT	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	REPS	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
	WT																	
PAIR 2: SINGLE ARM DB ROW	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	REPS	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	
	WT																	
PAIR 3: NORDIC HAMMIES	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	REPS	5	5	5		5	5	5		5	5	5		5	5	5		
	WT																	
PAIR 3: AB CIRCUIT	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	REPS	1	1	1		1	1	1		1	1	1		1	1	1		10 X HANGING KNEE/LEG LIFTS, 10 X WTD ALEKNAS, 10 X BB SIT UP AND PRESS
	WT																	
	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	REPS																	
	WT																	
	SETS	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	REPS																	
	WT																	