

Programme Type: 10 Week Rugby Mid-Season Programme

Training Level: **Advanced**

This Programme is designed for those with an advanced level of strength and fitness training experience.

Introduction

Welcome to Gyms.co.nz fitness programmes. We hope you find the 10 week training programme range useful in assisting you in achieving your health and fitness or sporting goals. If you have any questions about any of the details in any of our programmes then please contact us on gyms@slingshot.co.nz

Please note: All Gyms.co.nz exercise programmes are to be used as a guideline only and it is recommended that any training should not be commenced without first receiving the correct instruction from a qualified professional. All of Gyms.co.nz training programmes are utilised completely at your own risk. You should discontinue training immediately if you feel faint, dizzy or experience pain during your workout. If you are not used to the volume or intensity of any of the Gyms.co.nz programmes you should look to work up to the required training levels over a number of weeks. When using heavy weights or training to fatigue you should always exercise with a 'spotter'. A 'Spotter' is someone who can assist with the weight you should you require it during the latter repetitions.

Programme Explained:

This programme is designed to maintain and / or continue to develop the aerobic capacity (endurance) and strength developed during the pre season and early season training phases. In addition the focus is on continuing to develop speed and power.

Terms Explained:

The following terms and keys are used in this and other Gyms.co.nz programmes. You may wish to familiarise yourself with these terms before proceeding.

Reps:

Repetitions. The number of times you are to complete the described exercise within each set.

Sets:

Are made up of a number / group of repetitions.

Intensity:

How hard you are looking to push yourself during a certain exercise.

Rest Between Sets:

The amount of recovery time you are aiming to have between every group of exercises you complete.

Rest Between Reps:

The amount of recovery time you are aiming to have between each repetition. Only applicable to fitness / aerobic training.

Programme Type: 10 Week Rugby Mid-Season Programme

Phase 1: 10 weeks

Monday

Am
Weight Training Programme

Warm Up

Rower: 10 minutes easy

Exercise	Reps	Sets	Rest Between Sets
Dumbbell Bench Press	8-12	3	90 seconds
Bent Over Row	8-12	3	90 seconds
Shoulder Press	8-12	3	90 seconds
Biceps Curl	8-12	3	90 seconds
Squats	8-12	2	90 seconds
Multi Directional Lunges	8-12	2	90 seconds
Swiss Ball Sit Ups	15+	3	90 seconds

Warm Down

Treadmill: 20 minutes steady

Stretches: Chest, triceps, shoulder, back, quadriceps, hamstrings, calves.

Pm
Speed Training

Warm Up

5 minutes easy jogging.

Speed Drills: High knees 2 x 20m, butt kicks 2 x 20m, high skips 2 x 20m, ladder runs 2 x 20m

Exercise	Reps	Sets	Rest Between Sets
40m straight sprints	3	1	3 minutes
40m change direction sprints	3	1	3 minutes

Warm Down

5 minutes easy jog

Stretches: Quadriceps, hamstrings, calves, gluteals.

Tuesday

Am
Rest

Pm
Team Training

Wednesday

Am

Weight Training Programme

Focus: Power Training

Warm Up

Rower: 10 minutes easy

Exercise	Reps	Sets	Rest Between Sets
Barbell Bench Press	2-4	2	3-4 minutes
Superset with medicine ball chest pass	4		
Barbell Squats	2-4	2	3-4 minutes
Superset with vertical jumps	5		
Lat Pulldown	2-4	2	3-4 minutes
Calf Raises	2-4	2	3-4 minutes
Sit Ups (& throw)	15+	2	2 minutes

Warm Down

Cycle: 10 minutes easy

Stretches: Chest, triceps, shoulder, back, quadriceps, hamstrings, calves.

Pm
Rest

Thursday

Am
Rest

Pm
Team Training

Friday

Am
Light Jog
20 minutes easy jogging and stretching.

Pm
Rest

Saturday

Am
Rest

Pm
Game

Sunday

Am
Pool Recovery Session
30 minutes – pool running, swimming, stretching etc

Pm

Rest