

Programme Type: 10 Week Rugby Pre-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 increase your aerobic capacity (endurance) and base strength while maintaining / developing speed. The programme is designed for completion during the pre-season build up phase prior to the commencement of your rugby season.

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 Pre-Season Programme

Phase 1: 6 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
Incline Bench Press	8-12	3	90 seconds
Lat Pulldown	8-12	3	90 seconds
Bent Over Row	8-12	3	90 seconds
Triceps Kickback	8-12	3	90 seconds
Swiss Ball Sit Ups	15+	3	90 seconds
Bridging	1 minute	2	2 minutes

Warm Down

Treadmill: 10 minutes easy

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 30 minute run

5 minutes easy jog

20 minute steady

5 minute easy jog

Wednesday

[Am](#)
Weight Training Programme

Warm Up

Rower: 10 minutes easy

Exercise	Reps	Sets	Rest Between Sets
Dumbbell Shoulder Press	8-12	3	90 seconds
Lateral DB Raise	8-12	3	90 seconds
DB Biceps Curl	8-12	3	90 seconds
Barbell Squats	8-12	3	90 seconds
Multi Directional Lunges	8-12	3	90 seconds
Calf Raises	8-12	3	90 seconds

Warm Down

Cycle: 10 minutes easy

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

[Pm](#)
Rest

Thursday

[Am](#)
Medium Interval Session

Warm Up

10 minutes jogging.

Exercise	Reps	Intensity	Rest Between Reps	Sets
Full field shuttles (200m)	10	90%	200m jogging recovery	1

Warm Down

10 minutes easy jogging recovery.

Stretching: Quadriceps, hamstrings, calves, gluteals.

[Pm](#)
Rest

Friday

[Am](#)
Weight Training Programme

Warm Up

Rower: 10 minutes easy

Exercise	Reps	Sets	Rest Between Sets
Dumbbell Bench Press	8-12	2	90 seconds
Lat Pulldown	8-12	2	90 seconds
Triceps Kickback	8-12	2	90 seconds
Dumbbell Shoulder Press	8-12	2	90 seconds
DB Biceps Curl	8-12	2	90 seconds
Barbell Squats	8-12	2	90 seconds
Multi Directional Lunges	8-12	2	90 seconds

Calf Raises	8-12	2	90 seconds
Swiss Ball Sit Ups	15+	2	90 seconds

Warm Down

Cycle: 10 minutes easy

Stretches: Chest, triceps, biceps, shoulders, back, quadriceps, hamstrings, calves.

Pm
Rest

Saturday

Am
Rest

Pm
Rugby Specific Circuit
(Example Only)

Warm Up

5 minutes easy jog, stretching.

Session

Exercise

Short shuttles runs – 5 x goal line to 22.
Tackle bag lifts – 10 x overhead lifts.
Tackle bag shuttles – 5 x goal line to 22 shuttles.
Press Ups x 20
Sit Ups x 20
Zig Zag cone sprints 40 metres x 5
One on one scrummaging - 30 seconds x 5
Shuttle runs 5 x goal line to halfway shuttles
Down and ups x 20
Burpees x 10

Rest Between Exercises

None
30 seconds
1 minute
None
None
30 seconds
15 seconds
None
30 seconds
Finished

Repeat circuit

Warm Down

5 minutes easy jogging. Stretching.

Sunday

Am
Rest

Pm
Rest

Programme Type: 10 Week Rugby Pre-Season Programme

Phase 2: 4 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
Incline Bench Press	8-12	3	90 seconds
Lat Pulldown	8-12	3	90 seconds
Bent Over Row	8-12	3	90 seconds
Triceps Kickback	8-12	3	90 seconds
Swiss Ball Sit Ups	15+	3	90 seconds
Bridging	1 minute	2	2 minutes

Warm Down

Treadmill: 10 minutes easy

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 30 minute run

5 minutes easy jog

20 minute steady

5 minute easy jog

Wednesday

[Am](#) Weight Training Programme

Warm Up

Rower: 10 minutes easy

Exercise	Reps	Sets	Rest Between Sets
Dumbbell Shoulder Press	8-12	3	90 seconds
Lateral DB Raise	8-12	3	90 seconds
DB Biceps Curl	8-12	3	90 seconds
Barbell Squats	8-12	3	90 seconds
Multi Directional Lunges	8-12	3	90 seconds
Calf Raises	8-12	3	90 seconds

Warm Down

Cycle: 10 minutes easy

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

[Pm](#) Rest

Thursday

[Am](#) Short Interval Session

Warm Up

10 minutes jogging.

Exercise	Reps	Intensity	Rest Between Reps	Sets
22 to Goal line shuttles (50m)	10	90-95%	50m jogging recovery	4

Warm Down

10 minutes easy jogging recovery.

Stretching: Quadriceps, hamstrings, calves, gluteals.

[Pm](#) Rest

Friday

[Am](#) Weight Training Programme

Focus: Power Training Session

Warm Up

Rower: 10 minutes easy

Exercise	Reps	Sets	Rest Between Sets
Barbell Bench Press	2-4	3	3-4 minutes
Barbell Squats	2-4	3	3-4 minutes
Lat Pulldown	2-4	3	3-4 minutes
Calf Raises	2-4	2	3-4 minutes
Medicine Ball Sit Ups (& throw)	15+	2	2 minutes

Warm Down

Cycle: 10 minutes easy

Stretches: Chest, triceps, biceps, shoulders, back, quadriceps, hamstrings, calves.

Pm
Rest

Saturday

Am
Rest

Pm
Rugby Specific Circuit
(Example Only)

Warm Up

5 minutes easy jog, stretching.

Session

Exercise

Short shuttles runs – 5 x goal line to 22.

Tackle bag lifts – 10 x overhead lifts.

Tackle bag shuttles – 5 x goal line to 22 shuttles.

Press Ups x 20

Sit Ups x 20

Zig Zag cone sprints 40 metres x 5

One on one scrummaging - 30 seconds x 5

Shuttle runs 5 x goal line to halfway shuttles

Down and ups x 20

Burpees x 10

Rest Between Exercises

None

30 seconds

1 minute

None

None

30 seconds

15 seconds

None

30 seconds

Finished

Repeat

Warm Down

5 minutes easy jogging. Stretching.

Sunday

Am
Rest / Pool Recovery

Pm
Rest