

Bombers Rugby Club - Summer Workout Plan

Name: _____

Warm-up

1. 10-15 min jog/bike
2. Dynamic Stretches: Arm Swings, Trunk Rotations, Lunge w/ twist, Alternate standing toe touches, leg swings (10 min)
3. Crunches 1x50

| <u>Monday (Leg)</u> | <u>Set</u> | <u>Reps</u> | <u>G</u> | <u>Int./wt. (lbs)</u> | <u>Tuesday (Chest/Back)</u> | <u>Set</u> | <u>Reps</u> | <u>G</u> | <u>Int/wt. (lbs)</u> |
|-----------------------------|------------|-------------|----------|-----------------------|-----------------------------|--|-------------|----------|----------------------|
| Squat (APRE)* | 1 | | 12 | 50% 10RM | Bench Press | 1 | | 12 | |
| | 2 | | 10 | 75%/ | | 2 | | 12 | |
| | 3 | | Max | 100% | | 3 | | 12 | |
| | 4 | | Max | Adj. Wt./ | | 4 | | 12 | |
| Dead Lift | 1 | | 12 | | Incline Press | 1 | | 12 | |
| | 2 | | 12 | | | 2 | | 12 | |
| | 3 | | 12 | | | 3 | | 12 | |
| | 4 | | 12 | | | 4 | | 12 | |
| DB Walking Lunges | 1 | | 10 | | Decline Press | 1 | | 12 | |
| | 2 | | 10 | | | 2 | | 12 | |
| | 3 | | 10 | | | 3 | | 12 | |
| | 4 | | 10 | | | 4 | | 12 | |
| Straight Leg Dead Lift | 1 | | 10 | | DB Bent Over Row | 1 | | 10 | |
| | 2 | | 10 | | | 2 | | 10 | |
| | 3 | | 10 | | | 3 | | 10 | |
| Step-Ups (fast pace) | 1 | | 15 | | Lat Pull Down | 1 | | 10 | |
| | 2 | | 15 | | | 2 | | 10 | |
| | 3 | | 15 | | | 3 | | 10 | |
| | 4 | | 15 | | | 4 | | 10 | |
| Medicine Ball Side Arm Pass | 1 | | 15 | | Chest Cable Fly | 1 | | 15 | |
| | 2 | | 15 | | | 2 | | 15 | |
| Burpees | 1 | | 20 | | Abdominal | 45° Sit-up w/ med ball (3 sets 30 reps) | | | |
| | 2 | | 20 | | | | | | |

* APRE (Adjusted Progressive Resistance Exercise)

Set 4 is used to determine the next session's work sets, using the table below.

| 10 RM Routine | |
|---------------|------------------|
| Reps Set 3 | Set 4 Adjustment |
| 4-6 | - 5 to 10 lbs |
| 7-8 | - 0-5 lbs |
| 9-11 | no change |
| 12-16 | + 5-10 lbs |
| 17+ | + 10-15 lbs |

Cool Down

1. 5 min jog followed by Static Stretching
2. Static Stretches (2-3 sets/muscle-hold for 10-30 sec): Spinal Twist, Forward Lunge, Sitting Toe Touch, Spread Eagle Toe Touch, Side Quad Stretch, Calf Stretch

Warm-up

1. 10-15 min jog/bike
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3. Crunches 1x50

| Thursday (Core/Shoulders) | Set | Reps | G | Int./wt. (lbs) | Friday (Plyometrics) | Set | Reps | G | Int./wt. (lbs) |
|--|------------------------------|------|----|----------------|---|-----|------|---------|----------------|
| Power Clean | 1 | | 12 | | Squat Jumps (3-4 sets x 10-15 reps) | 1 | | 15 | body wt |
| | 2 | | 12 | | | 2 | | 15 | body wt |
| | 3 | | 12 | | | 3 | | 15 | body wt |
| | 4 | | 12 | | | 4 | | 15 | body wt |
| Hang Clean to Push Jerk | 1 | | 12 | | Single Leg Vertical Jump (2 sets x 10 reps per leg) | 1 | | 10 | body wt |
| | 2 | | 12 | | | 2 | | 10 | body wt |
| | 3 | | 12 | | Double Leg Zigzag Hop (3 sets x 10 meters) | 1 | x | | body wt |
| | 4 | | 12 | | | 2 | x | | body wt |
| Backward Lunges w/ Ball Rotation | 1 | | 10 | | Backwards Skip (3 sets x 10 meters) | 3 | x | | body wt |
| | 2 | | 10 | | | 1 | x | | body wt |
| | 3 | | 10 | | | 2 | x | | body wt |
| | 4 | | 10 | | 3 | x | | body wt | |
| Shoulder Comb (Front/Side Raises w/ DBs) | 1 | | 8 | | Note: Start each exercise slow: focus on proper arm movement, land on balls of feet while maintaining an athletic position. | | | | |
| | 2 | | 8 | | | | | | |
| Shoulder Internal/External Rotation (DBs) | 1 | | 8 | | (Agility / Speed Drill) Zigzag Agility Drill ^ Set up vertical cones 12 meters apart and diagonal cones 6 meters w/ a width of 8 meters. Shuffle, Sprint, ^ backpedal from cone-to-cone alternating. 5 to 6 sets down and back with a work to rest ratio of 1:5 ^ (rest in rugby means slow jog) | | | | |
| | 2 | | 8 | | | | | | |
| Abdominal Planks | (4 min-30 sec on/30 sec off) | | | | | | | | |
| Burpees | 1 | | 20 | | | | | | |
| | 2 | | 20 | | | | | | |
| | | | | | | | | | |

Cool Down

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Summer Conditioning Activities (all players to be tested at the start of Fall practice)

Cardiovascular fitness is very important in rugby. Rotate running before and after resistance training as your body will train for all the different times of a rugby game. Start slow and increase as it gets closer to the season. 2wks prior to practice you should be in "rugby shape." Interval training (aka Fartlek Training) is going to be the best formula for developing your rugby fitness level.

Recommend 4-5x/wk Cardiovascular Training

Interval Training: On track- sprint straight-aways and jog curves, repeat. 2.5 miles minimum in June/July

1000M Shuttles for time: cones at start line, 25M, 50M, 75M, 100M. Sprint to 25M and back, 50M and back, 75M and back, 100M and back, 100M and back, 75M and back, 50M and back, 25M and back. Target times are 3 minutes for backs and 3.30 minutes for forwards.

