

## West End/SYC Rugby

### 2022 Strength and Conditioning Program

#### Listen – Support – Compete – Respect

Being fit requires grit, perseverance, and discipline, even more so now. This training program is intended to build rugby strength, power, and agility as well as prevent injury. Outside of organized rugby training, please find a way to MOTIVATE YOURSELF to complete one-hour of rugby fitness at least twice per week. If it helps, find a partner to remind you to workout, to push you during your workout, to observe and spot your form, and to keep you safe.

If you do not understand an exercise, feel free to shoot me an email, text, or phone call.

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Key items to remember:

1. Rest – Your muscles grow during the rest between workouts. Make sure you get plenty of rest, 9-10 hours per night is best.
2. Nutrition – Always: eat a balanced diet daily! For workouts: consume snack of 80% carbs/20% protein 150 minutes before each session; consume snack of 20% carbs/80% protein during or within 50 minutes after each session. Of course, hydrate always!
3. Do 10 x Rugby Ball Sit-ups and 10 x Rugby Ball Push-ups **a few times per week**.
4. Form – Each exercise is designed to target specific requirements to improve RUGBY performance: if you do not use proper form, you will not get the most out of the exercise and you could get hurt. When in doubt, lower the amount of weight (leave your ego out of it) so you can use proper form. Also, brush your teeth and eat breakfast with your weak hand to improve dexterity.
5. Keep a notebook – Record the amounts and try to improve each time.

- ✓ Warm up: Scotland Rugby Activation
- ✓ Strength Exercises: Triceps Dips, Dumbbell Shoulder Shrugs, Madisons (calf raises w/dumbbell in hand) → each 3 sets of 10 – 12 reps (lighter weight)
- ✓ Core Exercise: Gustaitis rolls: Rest on forearms and toes; flat back; eyes forward; roll side to side every 5 seconds → 1 set to failure
- ✓ Neck Bridge: Front and Back → each configuration for 25 seconds
- ✓ Box (or Stair) Hops: Both feet (continuous hops; land on balls of feet; assist with FULL arm swing) → 2 x 25 seconds
- ✓ Triangle: Legs stationary at 2 x shoulder width; one hand on shin; one hand reaches to sky → 25 seconds each side
- ✓ LeFevres: Squat with medicine (or rugby) ball on chest; jump and throw the ball on the way up; catch the ball and return to squat; land on balls of feet; continuous → 2 x 25 seconds  
NOTE: Choose Roadwork OR Spring Ladder
- ✓ Roadwork: jog 2-3 miles; log your time in your notebook.
- ✓ Sprint ladder:
  - Dead ball line to try line (walk back);
  - Dead ball line to 22 (walk back)
  - Dead ball line to 10 meter line (walk back);
  - Dead ball line to 50 (walk back);
  - Repeat
- ✓ Cool down: Static Stretching for 5 Minutes