

**Hyde Park High School
Rugby 2005
Pre Season Fitness
HOME BASED ROUTINE**

<p>Week 1: Cardio = 3 * Per week Strength = 2 * week</p>	<p>Cardio: Run: 4km (20 mins)</p>	<p>Sprints: 1 * 100m 2* 50 m 3 * 25m 4 * 10m Rest 20 – 30 secs btw</p>	<p>Strength: Push ups: 3 * 20 Sit ups: 3 * 30 Squats: 3 * 20 (no weights) Lunges: 2 * 20 (no weights) Pull ups: 2 * 15 Back Ext:3 * 15 Calf Raises 3 * 20</p>	<p>Comments:</p> <ul style="list-style-type: none"> • If you feel this is too easy, increase the sets by one, and the reps by 5. • Add weight during week two only. • STRETCH AFTER THE ROUTINE!!
<p>Week 2: As per above</p>	<p>Cardio: Run 4 km (19 mins)</p>	<p>Sprints: 2 * 100m 3 * 50m 4 * 25m 5 * 10m Rest for 20 – 30 secs btw</p>	<p>Strength: Increase reps by 3 on each Add weight to Leg workout Neck: Begin strength routine on neck</p>	<p>Comments:</p> <ul style="list-style-type: none"> • STRETCH
<p>Week 3</p>	<p>Cardio: Run 4 km (18 mins)</p>	<p>Sprints: 2 * 100 3 * 50 5 * 25 6 * 10 Rest for</p>	<p>Strength Retain the same routine Increase the weights and reduce the reps by 5. You should be battling with the exercise during the last few reps.</p>	<p>Comments:</p> <ul style="list-style-type: none"> • Use bags with sand in them for weights. • Get your sister to sit on your back during pushups etc.

		20 – 30 secs btw		
Week 4	Cardio: Run 4 km (17 mins)	Sprints: 3 * 50 m 6 * 25m 8 * 10m 3 * Squat jumps (10m) Rest 20 – 30 secs btw	Strength: Max reps is 10 Increase weights so that you are battling with the last 4 reps	Comments: 1. Concentrate on reducing your time between sets and keeping excellent form (technique) whilst exercising.
Week 5	Cardio Run 4 km Lamp post to lamp post speed training (see COMMENTS)	Sprints: 3 * 50 m 7 * 25m 10 * 10m 5 * Squat jumps (10m)	Strength: Bursts actions. Reduce weight to bodyweight and attempt to	Comments: During run, increase your pace every alternate lamp post. Rest for the next lamp post, and then go again.
Week 6	Cardio: Run 3 km Lamp post to lamp post – Increasing speed to max on the last.	Sprints: 4 * 50 10 * 25 15 * 10 8 * jump squats	Strength: Burst actions: Plyometric Reduce weight to bodyweight – e.g. push full weight off floor in pushups.	Comments: NOW WE START THE TRAINING.

GENERAL COMMENTS:

1. This routine needs to be done consistently.
2. This routine caters for several energy systems:
 - a. The aerobic system
 - i. Long runs
 - b. The lactate System
 - i. In the long Runs you will see the speed increases which should create a lactate burn during the running.
 - c. The ATP-CP System
 - i. Short burst sprints
3. As you go through the weeks, you will increase the load placed on the Lactate and the ATP-CP Systems given the demands of the game.
4. You will need to ensure that you keep to the strength routine aswell. This reduces injury rates and leads to overall better capacity to handle the demands placed on you.
5. Those going to gym regularly will need to follow a routine set out in this document.
6. If you feel unwell during the training, consult me before you continue. If you are ill, do not continue with the routine until you are feeling 100% better.
7. Your place in the main side will be dependant on the state of your fitness.

Good luck with the year and remember that the only time you ever fail is when you have not put in what the task demands of you. This year, we change the rules, turn sport upside down and show the rest of the schools, that we are committed to keeping sport alive and kicking at Hyde Park.

**Hyde Park High School
Rugby 2005
Pre-Season Routine
Gym Programme Only
DAYS 1 and 4
Full 6 weeks**

Body part	Exercise	Muscles Used	Sets	Reps	Comments
All	Run	General warm-up			12 mins, light, get sweating
Legs	Leg Press	Quads, Glutes, Hamstrings	2	12	No deeper than 90deg
	Squats	Quads, Glutes, hamstrings	2	12	No deeper than 90deg
	Leg Extensions	Quads	2	12	Full range
	Lying Curls	Hamstrings	3	12	Full range
	Standing Calf Raises	Gastrocnemius and Soleus	2	12	Full Range
	Adduction	Adductors (x 4)	2	12	
	Abduction	Abductors	2	12	
Chest	Bench Press (machine)	Pec m & m, Ant Deltoids, Triceps	2	12	
	Flyes	Pecks, Ant deltoids	2	12	
	Peck Deck	Pecks, Ant Deltoids	2	12	
Triceps	Press downs	Triceps	2	12	
	Overhead extensions	Triceps	2	12	
Abdominals	Crunches	Rect Abdom	2	15	
	Reverse crunches	Rect Abdom, hip flexors	2	15	
	Machine Crunches	Rectus abdom	2	12	
Lower Back	Hyperextensions	Erector Spinae	3	12	
ALL	Row, Cycle, Run	All			15 mins, medium pace
ALL	STRETCHES	ALL			10 mins

**Hyde Park High School
Rugby 2005
Pre-Season Routine
Day 2 and 5
Gym Programme Only**

Body part	Exercise	Muscles Used	Sets	Reps	Comments
Back	Pulldowns	Lats, traps, rhomboids, post Delts, biceps	2	12	
	Wide arm rows	Traps, lats, post delts, biceps	2	12	
	Single arm rows	Traps. Lats, post delts, biceps	2	12	
Shoulders	Press	All delts, Triceps	2	12	
	Lateral Raises	Lat delts	2	12	
	Anterior Raises	Ant delts	2	12	
Biceps	Barbell curls	Biceps Brachii	2	12	
	Preacher curls	Biceps Brachii	2	12	
	Alternate curls	Biceps Brachii	2	12	
Abdominals	Repeat as per day one				
Lower Back	Repeat as in day one				
Cardio	Running	Legs	1		20 mins
STRETCH	STRETCH	ALL			10 mins

GENERAL COMMENT:

1. This routine is tougher on the strength side, but lacks the sprint work. You need to ensure you build that side of your conditioning as well.
 - a. Combine this routine with a least two days of sprints.
 - b. If you are at the gym, you can substitute half of your cardio for the sprinting.
2. This routine may not suite everyone as it is targeted at the general rugby player who is starting to train. Be sure to see me if you are confused or uncertain as to what is happening or if you need further advice.
3. This routine will test several energy systems:
 - a. The ATP-CP system
 - i. During the weight training, this is the system used
 - b. The Aerobic system
 - i. The running and cardio activities will stress this system
 - c. The Lactate System
 - i. This system is not used as much given the periods you are doing each of the exercises for.
4. If you are not going to do the home routine you need to get into the gym and do the routine as prescribed.
5. It is a split routine:
 - a. Day 1 and 4:
 - i. Here you will have a heavy day of legs, chest, tri's, abs and lower back.
 - ii. Complete 2 sets here only with 12 reps.
 - iii. At a later stage (week three) you can increase the sets to three and reduce the reps to 10
 - iv. If you have been getting continual stiffness you need to remain on the system until the body no longer becomes stiff after a workout
 - b. Day 2 and 5
 - i. Here you will have an upper body workout.
 - ii. Complete only 2 sets of 12 reps as well. You can up it to four sets of 10 after 3 weeks.
6. During days 3 and 6 you can do the sprint workout as designed in the Home based routine. Not doing this will mean that you may have the strength but not the speed. As a result you reduce your value to the team significantly.

Good luck this year and put in everything you can. Your team is relying on you to be the best player you can be. Don't let them OR yourself down.