

Forwards

Monday	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Power cleans	4x5	4x5	4x5	4x3	4x3	4x3	*3max attempts then 3x3	*2max attempts then 2x3	*2max attempts then 3x3
Low pulls	3x8	3x8	3x8	3x6	3x6	3x6	3x3	3x3	3x3
Back Squat	4x8 @80%	4x8 @82.5%	4x8 @85-7%	**5x5 @87%	**5x5 @92%	**5x5 @95-7%	*1RM, then 2x5 @80%	*2max attempts then 3x3 @90%	*2max attempts then 3x3 @90%
Leg press	3x10	3x10	3x10	3x6	3x6	3x6	4x6	4x6	4x6
Hamstring curl	4x10	4x10	4x10	4x8	4x8	4x8	4x6	4x6	4x6
Hip Flexion (multi-hip machine)	2x10	2x10	2x10	2x8	2x8	2x8	2x8	2x8	2x8
Abdominal crunches	100reps	100reps	100reps	100reps	100reps	100reps	100reps	100reps	100reps

NOTE - ** start at 80lbs below target weight and make 20lb increases
*based on a pre-test max (1RM = 1 Repetition Max)

Tuesday	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Bench Press	4x8 @80%	4x8 @82.5%	4x8 @85-7%	**5x5 @87%	**5x5 @87%	**5x5 @87%	*1RM, then 3x5 @90%	*2max then 5x3 @97.5%	*3max then 5x3 @100%
Incline Bench Press	4x8	4x8	4x8	4x5	4x5	4x5	4x3	4x3	4x3
Pull-ups	6x6 in 6mins	7x6 in 7mins	8x6in 8mins	9x6 in 9mins	10x6 in 10mins	10x6 in 10mins	11x6 in 11mins	12x6 in 12mins	Do 80 total
T-bar row	3x8	3x8	3x8	3x6	3x6	3x6	3x5	3x5	3x5
Behind the neck press	4x8	4x8	4x8	4x5	4x5	4x5	4x3	4x3	4x3
Dips	3x10	3x10	3x10	weighted 4x10	weighted 4x10	weighted 4x10	3max	3max	3max
DB side raise	4x8	4x8	4x8	3x8	3x8	3x8	3x6	3x6	3x6

NOTE - ** start at 80lbs below target weight and make 20lb increases
*based on a pre-test max (1RM = 1 Repetition Max)

Thursday	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Power cleans	4x5	4x5	4x5	4x3	4x3	4x3	4x3	4x3	4x3
Shrugs	3x8	3x8	3x8	3x6	3x6	3x6	3x5	3x5	3x5
Front Squat	3x6	3x6	3x6	3x5	3x5	3x5	3x3	3x3	3x3
Lunges	3x6	3x6	3x6	3x5	3x5	3x5	3x3	3x3	3x3
Hamstring curl	4x10	4x10	4x10	3x8	3x8	3x8	2x8, 2x6	2x8, 2x6	2x8, 2x6
Hanging leg raise	3x10	3x10	3x10	3x12	3x12	3x12	3x12	3x12	3x12

NOTE - ** start at 80lbs below target weight and make 20lb increases
*based on a pre-test max (1RM = 1 Repetition Max)

Friday	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Bench Press	5x8 @70%	5x8 @70%	5x8 @70%	5x5 @80%	5x5 @80%	5x5 @80%	5x3 @85%	5x3 @85%	5x3 @85%
DB Incline	3x8	3x8	3x8	3x6	3x6	3x6	3x5	3x5	3x5
Fly's	3x8	3x8	3x8	3x6	3x6	3x6	3x5	3x5	3x5
Pull-ups	4x8	4x10	5x10	4x8	4x8	4x8	3x10	3x10	3x10
DB rows	3x8	3x8	3x8	3x6	3x6	3x6	3x5	3x5	3x5

NOTE - ** start at 80lbs below target weight and make 20lb increases
*based on a pre-test max (1RM = 1 Repetition Max)

Backs

Monday	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Power snatch	3x5	3x5	3x5	3x3	3x3	3x3	3x2	3x2	3x2
Power cleans	3x5	3x5	3x5	3x3	3x3	3x3	3x2	3x2	3x2
Back Squat	3x8 @80%	3x8 @82.5%	3x8 @85-7%	3x5 @87%	3x5 @92%	3x5 @95-7%	*1RM, then 2x3 @ 20%less	*2max attempts then 2x3 @90%	*2max attempts then 2x3 @90%
Hamstring curl	4x10	4x10	4x10	4x8	4x8	4x8	4x8	4x8	4x8
Hip Flexor	2x10	2x10	2x10	Flexion 2x8	Flexion 2x8	Flexion 2x8	2x8	2x8	2x8
Abdominal crunches	100reps	100reps	100reps	100reps	100reps	100reps	100reps	100reps	100reps

NOTE - ** start at 80lbs below target weight and make 20lb increases
*based on a pre-test max (1RM = 1 Repetition Max)

Tuesday	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Bench Press	4x8 @80%	4x8 @82.5%	4x8 @85-7%	*4x5 @87%	*4x5 @92%	*4x5 @95-7%	*1RM attempts then 2x3 @90%	*2max attempts then 3x3 @97.5%	*3max attempts then 3x3 @100%
Pull-ups	6x6 in 6mins	7x6 in 7mins	8x6 in 8mins	9x6 in 9mins	10x6 in 10mins	10x6 in 10mins	11x6 in 11mins	12x6 in 12mins	Do 80 total
Incline Bench Press	4x8	4x8	4x8	3x5	3x5	3x5	3x3	3x3	3x3
T-bar row	3x8	3x8	3x8	Hammer /t bar 3x6	Hammer /t bar 3x6	Hammer /t bar 3x6	3x5	3x5	3x5
Behind the neck press	4x8	4x8	4x8	Push press 4x5	Push press 4x5	Push press 4x5	Push press 3x3	Push press 3x3	Push press 3x3
Dips	3x15	3x15	3x15	weighted 4x10	weighted 4x10	weighted 4x10	3max	3max	3max
DB side raises	3x8	3x8	3x8	3x8	3x8	3x8	3x6	4x6	3x6

NOTE - ** start at 80lbs below target weight and make 20lb increases
*based on a pre-test max (1RM = 1 Repetition Max)

Thursday	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Power snatch	4x5	4x5	4x5	4x3	4x3	4x3	4x2	4x2	4x2
1-legged press	3x8	3x8	3x8	3x5	3x5	3x5	3x4	3x4	3x4
Hip Flexion (multi-hip machine)	2x8	2x8	2x8	2x8	2x8	2x8	2x8	2x8	2x8
Hanging leg raise	2x12	2x12	2x12	2x12	2x12	2x12	2x12	2x12	2x12

NOTE - ** start at 80lbs below target weight and make 20lb increases
*based on a pre-test max (1RM = 1 Repetition Max)

Friday	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Bench Press	5x8 @70%	5x8 @70%	5x8 @70%	3x5 @80%	3x5 @80%	3x5 @80%	4x3 @85%	3x5 @85%	3x5 @85%
DB incline	3x8	3x8	3x8	3x6	3x6	3x6	3x6	3x6	3x6
Pull-ups	3x8	3x8	3x8	4x8	4x8	4x8	4x8	4x8	4x8
DB rows	3x8	3x8	3x8	3x6	3x6	3x6	3x6	3x6	3x6
Abdominal crunches	-	-	-	100reps	100reps	100reps	100reps	100reps	100reps

NOTE - ** start at 80lbs below target weight and make 20lb increases
*based on a pre-test max (1RM = 1 Repetition Max)

Table 3. Rugby Plyometric Training

Conditioning Day	Power Hops	Squat Jumps	Bounding	Power Skips
Monday	3x10	3x10	2x10 or 2x12	3x10 or 3x13
Thursday	3x10	3x10	2x10 or 2x12	3x10 or 3x13

**Plyometric training should be done twice a week, before conditioning on Monday and Thursday

**Definitions:

- Power Hops (hands are placed behind the head and explosive double leg hops are done in place)
- Squat jumps (Use a double arm action, jumping approximately one meter horizontally with maximum height)
- Bounding (Using a running action exaggerate height and distance for 20 to 25 meters)
- Power Skip (Start with slow skip, then increase both the height and distance)

Table 4. Rugby Conditioning

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Monday	4x400 2min. rest 4x200 1min rest 2 stadiums	4x400 2min. rest 4x200 1min rest 2 stadiums	6x400 2 min rest 3x200 1min rest 3 stadiums	6x400 2 min rest 3x200 1min rest 3 stadiums	6x400 2min rest 3x200 45sec rest 4 (1/2 stadiums)	6x400 2min rest 3x200 45sec rest 4 (1/2 stadiums)	3x400 2min rest 4x200 45sec rest 6x110 30sec rest 6 (1/2 stadiums)	3x400 2min rest 4x200 45sec rest 6x110 30sec rest 6 (1/2 stadiums)	2x400 2min rest 4x200 45sec rest 8x110 30 sec rest 6 (1/2 stadiums)
Thursday	25min interval running*	25min interval running*	25min interval running*	25min interval running*	30min interval running*	30min interval running**	40min interval running**	40min interval running**	45min interval running**
Saturday	2-3 mile run	2-3 mile run	3-4 mile run	3-4 mile run	4 mile run	4 mile run	4-5 mile run	4-5 mile run	4-5 mile run

NOTE - *refer to Figure 1
 **refer to Figure 2

Figure 1. Run-specific training for rugby, weeks 1 to 4

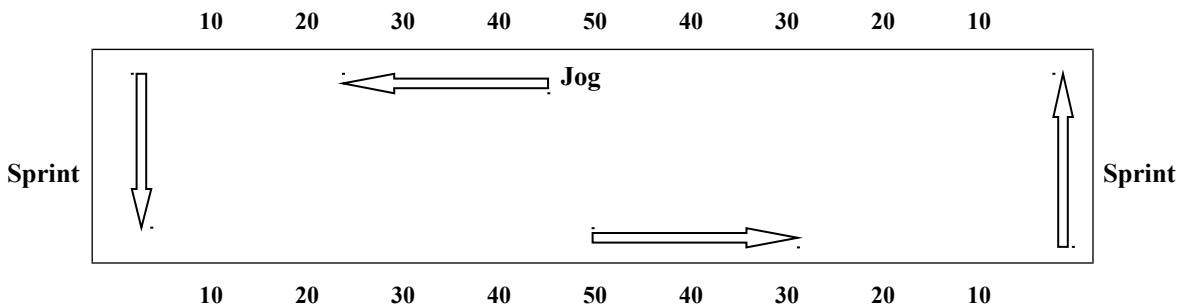


Figure 2. Run-specific training for rugby, weeks 5 to 9

