

Monthly planner

Name:

	April	May	June	July	August	September	October	November	December
	In-season (Phase 1)			Mid season gap (phase 2)	In-season (Phase 3)		Off-season (Phase 4)		

Weekly planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Training type	Weights 1 / Fitness 1	Sprint training Rugby training	Weights 2 / Fitness 2	Sprint training Rugby training	Off (Stretching)	Game	Off – (Easy run & stretching).

Notes on the training plan

The weights training programme is designed to be done with a short rest period and to be an intense session. With just 20 sets in the programme (2 per exercise) you should be working hard and the whole thing should not take that long. Avoid long rest periods, chatting to mates, waiting around etc.

The jogging should be built up from the base of where you are currently. You should not feel drained after a workout but rather than challenged and energized from it. This will have you wanting to do more next session. Avoid going especially hard for the last 2 – 3minutes of any aerobic session. Instead distribute the extra effort throughout the duration

Try squeeze the sprints in before you team practice or after. If your coach could include these within the session then it could be of great benefit to the team. For time constraints I have not included any agility or plyometric work in this phase of training though they will be added in the future.

With all the programme use a better or worse approach. To do just half of a session is better than none and you should bear this in mind. Ensure you rotate the sessions through a week so if you miss a day do the session on the day you missed when you are back. This way you will not avoid the session you do not like in favour of the ones you are better at.

Phase 1 Training programme – For those who can jog 5 km in less than 30 minutes and have strength trained for at least a year.

		April				May				June			
		21	28	5	12	19	26	3	10	17	24		
Weights		Session 1 15 reps		15 reps		12 reps		12 reps		8 reps		8 reps	
		8 reps		8 reps		6 reps		6 reps		4 reps		4 reps	
Fitness		Session 1 5 km		5 km Intervals		5 km intervals		5 km Intervals		5 km intervals		Easy week	
Faster interval		-		90 sec fast jog		90 sec fast jog		90 sec fast jog		90 sec fast jog		90 sec fast jog	
Slower interval		-		30 sec slow jog		30 sec slow jog		60 sec slow jog		30 sec walk		30 sec walk	
		Session 2 800m X 3 3 min rest		800m X 3 3 min rest		800m X 4 3 min rest		600m X 4 3 min rest		600m X 5 3 min rest		500m X 5 3 min rest	
Sprints													
		Session 1 150m X 2 100m x 2		150m X 2 100m x 2 100m x 3		150m X 2 100m x 2 75m x 1		150m X 1 100m x 1 75m x 2 50m x 2		150m X 1 100m x 1 75m x 2 50m x 3		100m x 1 75m x 2 50m x 3 25m x 3	
		3 min rest		3 min rest		3 min rest		3 min rest		1-3 min rest		1-3 min rest	
		Session 2 400m x 2 300m x1		400m x 2 300m x 2		400m x 2 300m x 3		400m x 1 300m x 3 200m x 1		400m x 1 300m x 2 200m x 2		300m x 2 200m x 1 3 min rest	
		3 min rest		3 min rest		3 min rest		3 min rest		3 min rest		3 min rest	

Weighs programme 1

Weights Programme 1 –

Goal is to prepare the body for upcoming training and teach it to coordinate in an unstable environment.

Reps : 15 – 4, see chart above

Rest: alternate exercises or limbs.

Sets : 2 per exercises

Exercises

Active stretching warm

Core activation exercise (See below)

Dead lift.

Ball bench press (dumbbell).

Lunge

Bent over row

Jumps squats

Chins

One legged squat.

Standing one armed cable push (On 2 legs side by side).

Standing one armed cable pull (On two legs side by side).

One leg calf raises (add weight).

Cable twists

Side bends with dumb bell.

Ball crunch / curls / back raises / Ball plank.

Static stretching

- **Core activation programme**

- **Deep breathing** – Find your neutral spine using a wall to guide you (see above) and practise breathing using your diaphragm, do this by pushing you belly out when you inhale air. Do 10 breaths.
- **Pelvic floor activation** – Standing with a neutral spine try contracting the pelvic floor muscles at the back then through to the front, e.g. stop your self going to the toilet at the back then the front. Repeat this wave of muscle contractions 10 times
- **Stomach muscle activation (upwards)** – Tense your stomach in a wave like method from the bottom to the top. E.g. draw in your stomach area below your belly button, then above your belly button before finally the very top of the abdominals. Relax and repeat this wave of muscle tensing for 10 repetitions.
- **Stomach muscle activation (Laterally)** – Tense your stomach in a wave like method from the left hand side to the right hand side and back e.g. draw in your stomach muscles on the very left hand side, then the middle, then the right hand side. Relax, and then repeat the contraction from right to left. Repeat 10 times.
- **Core pulsing** – Using a wall find your neutral spine, breathe using your diaphragm, now engage your core by contracting the pelvic floor then deep stomach followed by all the mid section. Squeeze all these muscles ('the core') as tight as possible for five second then relax, repeat 10 times.
- **Core Hold** – Follow the previous to engage the core muscles, this time hold for as long as possible. Gradually build up to a minute.