

Amoskeag Rugby Club

www.AmoskeagRugby.com



Strength & Conditioning Program

Phase	Off-Season (Dec.) 4 weeks	Early Pre-season (Jan.) 4 weeks	Pre-season (Feb.) 4 weeks	Late Pre-season (Mar.) 4 weeks	In-season (Apr.)
Weights	Endurance (2-3x wk) Full Body	Strength (4x wk) Split Routine	Power (4x wk) Split Routine	Power Endurance/Maintenance (2x wk) Full Body	Maintenance (1 or 2 x wk)
Running/Plyo	Aerobic=Long Intervals (2x wk)	Aerobic/Anaerobic= Intervals Light Plyos/ Agility (2x wk)	Aerobic/Anaerobic= Intervals (1x wk) Speed/Acceleration= Sprints/Plyos (1x wk)	Intervals/Sprints Plyos Agility (1x wk)	Short Intervals/Plyos (1x wk)

Every session at the gym or track must begin with a five to ten minute warm-up and stretch. For the warm-up, jog, bike, etc., at a comfortable pace, increasing the intensity during the last minute.

To train for rugby, you must run; there is no substitute for running. The training will be in four major forms: resistance, intervals, sprints, and plyometric exercises. Feel free to substitute appropriate exercises for the ones that appear on this sheet. It is, in fact, better to switch exercises as well as order in which exercises are performed (suggested alternatives are in parentheses). You also can add exercises to increase total Reps for targeted muscle groups

Off-Season Phase

- The off-season phase is designed to first adapt the body to new stresses and secondly to lay a framework for more explosive lifts as we draw nearer to the season.
- During this stage of the program lifting is to be conducted **3 times per week with 1-2 days of rest** between lifts. ***Every day is an all-body lifting day.***
- Moderate level **cardiovascular training should be conducted at least 2x per week**, preferably on off lifting days Soccer, ice hockey, and the like count but get in a run, bike or elliptical as well.
- By week 3 your objective is to pick a weight that will cause you to **“FAIL” at the assigned 8-12 repetitions**. This means that, on your last repetition, you will need assistance from a spotter or you will fail to complete the rep.

Early Pre-Season Phase

- We have now moved to a 4 day per week lifting schedule. Here, the program is broken into 2 Routines (i.e. triceps, shoulders and chest) , allowing for 2-3 days of recovery for each muscle category.
- The * represents new exercises to the program and also indicates increased importance. These are typically your power exercises and are the most important for rugby performance. There will be an opportunity to learn these exercises for those of you who wish to learn.
- Conditioning work will now incorporate sprint intervals to increase speed endurance and we will begin light plyometrics (routine will be distributed later) which should be done with in between weight lifting sets or on conditioning days prior to sprint intervals.

Pre-Season

- Beginning of the Power phase of the program, all of the lifts are designed to increase explosiveness; complete failure should happen by the 2nd or 3rd rep of the last set.
- The conditioning elements are designed to increase speed, speed endurance and acceleration.

Late Pre-Season

- The late pre-season phase will commence with the start of Spring team practice. The program will continue to increase explosiveness, speed and acceleration

In-Season

- The in-season phase begins the week after the first match; the focus will shift to maintain the power and speed developed during the pre-season.

OFF-SEASON

Exercise (1 from each box)	11/26 (12-15 reps/ 3 sets)			12/3 (8-12 reps/ 3 sets)			12/10 (8-12 reps/ 3-4 sets)			12/17 (8-12 reps/ 4-5 sets)		
3 x wk (M,W,F)	M	W	F	M	W	F	M	W	F	M	W	F
QUADS (Squats , front squats)												
CHEST (Bench, incline bench, Push-ups, flies, standing flies on functional trainer or cable cross-over)												
Lunge OR Single leg squats with barbell or holding plate @ shoulder level												
LATS (Pull up, pull down or straight arm pull down)												
LOWBACK/HAMSTRINGS (extension, dead lift, single leg dead lift, roman curls)												
SCAPULAR RETRACTORS (bent rows or reverse flies in standing)												
SHOULDERS(standing military, frontal/lateral raises)												
ABDOMINALS (swiss ball crunch, plank, side plank, etc.) <i>*perform 3-7 sets per day/ use wide variety of exercises</i>												
Triceps (dips, pushdowns or skull crushers, Functional trainer punches)												
BICEPS												
2 x wk (T,Th)	T		Th		T		Th		T		Th	
Conditioning Aerobic/Anaerobic Base	Intervals: 400-800m (1-2 minutes treadmill), followed by equal recovery time		Long slow run 30-45 minutes (substitute cycle, row, or elliptical)		Intervals: 400-800m (1-2 minutes treadmill), followed by equal recovery time		Long slow run 30-45 minutes (substitute cycle, row, or elliptical)		Intervals: 400-800m (1-2 minutes treadmill), followed by equal recovery time		Long slow run 30-45 minutes (substitute cycle, row, or elliptical)	

IN-SEASON

Exercise (1 from each box)	3/17 (8-10 reps/ 3 sets)		4/3 (8-12 reps/ 3 sets)		4/10 (8-12 reps/ 3 sets)		4/17 (8-12 reps/ 3 sets)	
1 x wk	Monday		Monday		Monday		Monday	
Squats								
Bench (or incline bench)								
Lunge								
Pull up (or pull down or straight arm pull down)								
Back ext (or dead lift)								
Rows (bent rows or shrugs)								
Military Press (or standing military)								
Up rows (or front/lateral raises)								
Triceps (dips, pushdowns or skull crushers)								
Curls								
Squats								
Bench (or incline bench)								
Training (plyos)	Tuesday	Thursday	Tuesday	Thursday	Tuesday	Thursday	Tuesday	Thursday
Abs Every Session (choose any)	(20-25) 2 count up/down		Isometrics (30 sec holds)		(20-25) 2 count up/down		Quick ones (20-25)	
1 x wk (Wednesday)	Wednesday		Wednesday		Wednesday		Wednesday	
Conditioning Speed Speed Endurance Acceleration	(400) 400 , (300) 100 , (200) 200 , (100) 300 , (400) 400 , (300) 100 , (200) 200 , (100) 300 , (400) 400		10x25 (15 sec), 10x50 (30 sec), 12x100 (30 sec)		12x25 (15 sec), 12x50 (30 sec), 10x100 (30 sec)		16x25 (15 sec), 12x50 (30 sec), 8x100 (30 sec)	