

Fitness programme

Each programme is specific to each position: No.9, stand off, centres, wingers, fullbacks, props, hookers, 2nd row, No.8 and flankers.

Block Plan

<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Weekend</u>
Agility +	C.V. +	Strength +	Skills +	Power +	Touch/rest +
Speed	General Fitness	Core (split)	Positional	Core (split)	swissball

Block Plan

(Detail)

Agility/Speed = Plyometrics + Agility/speed/footwork.
(ladders +interval training)

C.V. = Fartlek + Continuous running.

Strength = Contact sessions +Weights. (S)

Balance = Swissball +core+weights with swissball +Agility work.
(Core)

Positional = Mixed with C.V. work when possible.
and
Skill

Power = Plyometrics + Weights programme. (P)

M.E. = Plyometrics =weights + C.V. work with skills.

Order: off-season = May/June
 Pre-season = June/July
Season start +Friendly matches = August

Notes:

- Photocopy sheets for every week; do two full sessions a week.
- Work at 80% of max lift for starting set, then increase weight when reps go down.
- If struggling with programs drop either core or swissball sessions and do the other at the weekend.
- If not able to do your sessions because of work or other reasons- do power and swissball sessions.
- Swiss ball is optional.
- If possible do a major muscle group before a minor muscle group exercise.
- ***DO POSITIONAL EXERCISES IN EVERY SESSION THAT YOU DO.***

Outside backs

Positional Exercises

	1(kg)	2(kg)
10. Med ball sweep- 30, 30 (15 reps each arm) SCRUM HALVES		
11. Sit ups on the ball/med ball throw (over head and chest pass) HOOKERS		
12. Tricep hammer curls (three sets of 8 reps) HOOKERS		
13. Back raises on the Swissball (weighted) or goodmornings FRONT ROW		
14. Front squats (same amount of squat reps) PROPS		
15. Close grip cable pull downs (same amount of lat pull down reps) SECOND ROW		
16. Jump squats (same as in your power sets) SECOND ROW		
17. One arm dumbbell walkover row- 3 sets 8 reps (light to heavy/heavy to light) BACK ROW		
18. Box jumps (always using a med ball) INSIDE AND OUTSIDE BACKS		
10. Side squats (8,8 reps) INSIDE AND OUTSIDE BACKS		
11. Punch press (no extra dumbbell press) INSIDE AND OUTSIDE BACKS		
14. Med ball hold-1min start gradually increase weight/time BACKS		

Power

- If struggling with programs drop either core or swissball sessions and do the other at the weekend.
- If not able to do your sessions because of work or other reasons- do power and swissball sessions.
- Swiss ball is optional.
- If possible do a major muscle group before a minor muscle group exercise.
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Tight Forwards

Test: 2-5 rm bench press

Targets: 1st: 100kg (2-5) 2nd: 120kg (2-5) 3rd: 140kg (2-5)

2-5 rm pull ups (weighted)
2-5 rm squat.

1st: 0kg (2-5) 2nd: **10kg** (2-5) 3rd: 20kg (2-5)
1st: 130kg(2-5) 2nd: **150kg** (2-5) 3rd: 170kg (2-5)

squad tests:

vertical jump = leg power
3000m time trial = Aerobic

1st: 0.45m 2nd: **0.5m** 3rd: 0.55m
1st: 13.30mins 2nd: **13.00mins** 3rd: 12.30mins

10m-20m- 40m = Anerobic

10m = 1st: 1.90secs 2nd: **1.85secs** 3rd: 1.80secs
40m = 1st: 5.70secs 2nd: **5.60secs** 3rd: 5.50secs

100m – 400m – 1500m = Combined
(energy systems)

100m =1st 15.30secs 2nd: **14.00secs** 3rd: 13.30secs
400m =1st: 100.0secs 2nd: **90.00secs** 3rd: 85.00secs
1500m =1st: 8.00mins 2nd: **6.30mins** 3rd: 5.45mins

Note: Aim to re-test after every 4 weeks

**Tight forwards Main focus: strength, power,
Body weight = 95-125kg with 13-16% body fat.**

Blank Evaluation & Analysis Sheet – Please photocopy for use

AME _____ DATE _____ POSITION _____

NESS TEST	Date	Result	Target	Target Achieved	Date	Result	Target	Goal Achieved
5m Speed								
10m Speed								
100m,400m,1500m time								
100m, 400m ,1500m time								
100m,400m, 1500m time								
Vertical Power (Vertical Jump)								
Back Squat (2-5rm)								
Front Press (2-5rm)								
Deadlifts (Weighted) 2-5rm								

Weights programme

	1(kg)	2(kg)
19. Med ball sweep- 30, 30 (15 reps each arm) SCRUM HALVES		
20. Sit ups on the ball/med ball throw (over head and chest pass) HOOKERS		
21. Tricep hammer curls (three sets of 8 reps) HOOKERS		
22. Back raises on the Swissball (weighted) or goodmornings FRONT ROW		
23. Front squats (same amount of squat reps) PROPS		
24. Close grip cable pull downs (same amount of lat pull down reps) SECOND ROW		
25. Jump squats (same as in your power sets) SECOND ROW		
26. One arm dumbbell walkover row- 3 sets 8 reps (light to heavy/heavy to light) BACK ROW		
27. Box jumps (always using a med ball) INSIDE AND OUTSIDE BACKS		
10. Side squats (8,8 reps) INSIDE AND OUTSIDE BACKS		
11. Punch press (no extra dumbbell press) INSIDE AND OUTSIDE BACKS		
14. Med ball hold-1min start gradually increase weight/time BACKS		

Power

- Work at 80% of max lift for starting set, then increase weight when reps go down.
- If struggling with programs drop either core or swissball sessions and do the other at the weekend.
- If not able to do your sessions because of work or other reasons- do power and swissball sessions.
- Swiss ball is optional.
- If possible do a major muscle group before a minor muscle group exercise.
- ***DO POSITIONAL EXERCISES IN EVERY SESSION THAT YOU DO.***

Loose forwards

Test: 2-5 rm bench press

Targets: 1st: 90kg (2-5) 2nd: 110kg (2-5) 3rd: 130kg (2-5)

2-5 rm pull ups (weighted)
2-5 rm squat.

1st: 5kg (2-5) 2nd: **20kg** (2-5) 3rd: 30kg (2-5)
1st: 120kg(2-5) 2nd: **140kg** (2-5) 3rd: 160kg (2-5)

squad tests:

vertical jump = leg power
3000m time trial = Aerobic

1st: 0.45m 2nd: **0.55m** 3rd: 0.60m
1st: 13.00mins 2nd: **12.30mins** 3rd: 12.00mins

10m-20m- 40m = Anerobic

10m = 1st: 1.85secs 2nd: **1.80secs** 3rd: 1.75secs
40m = 1st: 5.50secs 2nd: **5.40secs** 3rd: 5.30secs

100m – 400m – 1500m = Combined
(energy systems)

100m =1st 13.00secs 2nd: **12.30secs** 3rd: 11.50secs
400m =1st: 95.00secs 2nd: **75.00secs** 3rd: 60.00secs
1500m =1st: 6.30mins 2nd: **6.00mins** 3rd: 5.00mins

Note: Aim to re-test after every 4 weeks

Loose fwds Main focus: speed, power, balance

Body weight =80-100 kg with 11-13% body fat.

Blank Evaluation & Analysis Sheet – Please photocopy for use

AME _____ DATE _____ POSITION _____

NESS TEST	Date	Result	Target	Target Achieved	Date	Result	Target	Goal Achieved
10m Speed								
20m Speed								
100m,400m,1500m time trial								
10m, <u>400m</u> ,1500m time trial								
10m,400m, <u>1500m</u> time trial								
10m Power (Vertical Jump)								
10m Squat (2-5rm)								
10m Bench Press (2-5rm)								
10m Pull ups (Weighted) 2-5rm								

Weights programme

	1(kg)	2(kg)
28. Med ball sweep- 30, 30 (15 reps each arm) SCRUM HALVES		
29. Sit ups on the ball/med ball throw (over head and chest pass) HOOKERS		
30. Tricep hammer curls (three sets of 8 reps) HOOKERS		
31. Back raises on the Swissball (weighted) or goodmornings FRONT ROW		
32. Front squats (same amount of squat reps) PROPS		
33. Close grip cable pull downs (same amount of lat pull down reps) SECOND ROW		
34. Jump squats (same as in your power sets) SECOND ROW		
35. One arm dumbbell walkover row- 3 sets 8 reps (light to heavy/heavy to light) BACK ROW		
36. Box jumps (always using a med ball) INSIDE AND OUTSIDE BACKS		
10. Side squats (8,8 reps) INSIDE AND OUTSIDE BACKS		
11. Punch press (no extra dumbbell press) INSIDE AND OUTSIDE BACKS		
14. Med ball hold-1min start gradually increase weight/time BACKS		

Power

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Instructions for exercises

