



Rugby Pre-Season Workout Schedule

Weight Training

- This is a 6 week build up schedule for pre-season training
- 3 x weight training sessions per week
- 2 x speed / interval training at track per week
- 1 x plyometric training per week

Weight: Week 1 & Week 2

- Bench press 3 x 10 reps
- Incline dumbbell press 3 x 10 reps
- Squat 3 x 10 reps
- Dumbbell lunge 3 x 10 reps (each leg)
- Shoulder shrugs (dumbbell or bar) 3 x 10 reps
- Bench dips 3 x 10 reps
- Bicep curl 3 x 10 reps
- Ab crunch x 50
- If you do not have access to weight training equipment:
- Pushups 3 sets to failure
- Squat (body weight) 3 x 25
- Lunge 4 x 10 reps (each leg)
- Bench dips 3 x 10 reps
- 4 way neck 2 x 10 (4 directions)
- Bicep curls (using anything heavy) 3 x 10 sets
- Ab crunch x 50



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Weight: Week 3 & Week 4

- Bench press 4 x 10 reps (or push-ups 4 sets to failure)
- Overhead dumbbell press 3 x 10 reps
- Squat 4 x 10 reps (or body weight 4 x 25 reps)
- Dumbbell lunge 2 x 10 reps (or body weight 2 x 15 reps)
- Shoulder shrug 3 x 15 reps
- Bench dips 4 x 15 reps
- 4 way neck 2 x 15 reps (4 directions)
- Bicep Curls 3 x 10 reps
- Ab crunch 2 x 35 reps

*If you do not have access to weight training equipment repeat as above with increased sets and reps.

Weight: Week 5 & Week 6

- Bench press 5 x 5 reps with heavier weight (or push-up 4 sets to failure)
- Squat 4 x 5 reps with heavier weight (or bodyweight squat with knee to chest jump 3 x 10 reps)
- Incline dumbbell press 4 x 5 with heavier weight
- Shoulder shrug 4 x 5 with heavier weight
- Bench dips 4 x 15 reps
- 4 way neck 2 x 15 reps (4 directions)
- Bicep curls 3 x 6 reps with heavier weight
- Ab crunch 3 x 35 reps

*If you do not have access to weight training equipment repeat as above with increased sets and reps.



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Speed/Circuit Training

- These sessions should be done 2 times per week at a track
- Minimum of 3 days between workouts to insure complete recovery

Speed: Week 1

4 sets x 350 meters with 3 minutes rest between sets

Speed: Week 2

5 sets x 350 meters with 3 minutes rest between sets

Week 3

6 sets x 350 meters with 3 minutes rest between sets

Speed: Week 4

6 sets x 200 meters with 2 minutes rest between sets

4 sets x 100 meters with 1 minute rest between sets

Speed: Week 5

10 sets x 100 meters with 2 minute rest between sets

6 sets x 75 meters with 2 minutes rest between sets

4 sets x 40 meters *all out! with 2 minutes rest between sets

Speed: Week 6

10 sets x 100 meters with 2 minutes rest between sets

8 sets x 75 meters with 2 minutes rest between sets

6 sets x 40 meters *all out! with 2 minutes rest between sets



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Plyometric

- These exercises should be done 1 x per week. These are explosive high speed exercises so be sure to give yourself plenty of time between sets to perform at high intensity.

Fast Twitch Weeks 1 - 3

- 3 x 10 yard butt kicks
- 3 x 10 yard high knees
- 2 x 10 jump knees to chest
- 2 x 10 side hops
- 2 x 10 skater
- 2 x 10 second dot drill
- 2 x 10 1 leg hops (each leg)
- 2 x 3 standing long jump
- 2 x 1 standing triple jump

Fast Twitch Weeks 4 - 6

- 6 x 10 yard butt kicks
- 6 x 10 yard high knees
- 2 x 12 jump knees to chest
- 2 x 12 side hops
- 2 x 12 skater
- 2 x 12 second dot drill
- 2 x 12 1 leg hops (each leg)
- 3 x 1 standing long jump
- 3 x 3 standing long jump
- 3 x 1 standing triple jump