

ATHLETIC DEVELOPMENT

PROGRAMME FOR
RUGBY PLAYERS



RATIONALE

This programme has been designed to develop your Athletic Development to enhance your sporting performance.

If followed correctly, this programme will develop your speed, strength and power whilst reducing the likelihood of injury.

We look to strengthen the whole body from head to toe, spotting and improving weaknesses along the way. We strive for longevity and constructing a body that is going to last a lifetime, not just a season.

Athletic development aims to get you stronger in order for you to handle the physical demands of your sport safely and competently, as well as aiming to improve muscular and cardiovascular fitness. Increasing your capacity for exertion through movement, so you can perform better for longer.

TESTS

- **Height & Weight**
 - **10m & 20m Sprint**
 - **5-0-5 Agility Test**
 - **CMJ Test**
 - **Sit and Reach Test**
-

Ian Jones

Elite Performance Manager

Head of Athletic Development and Athletics

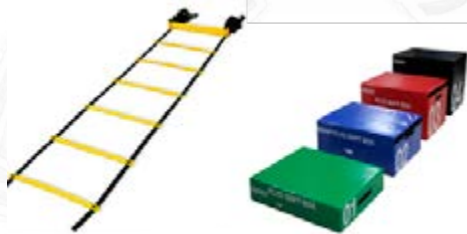
Gordon's School

ijones1@gordons.school

ATHLETIC DEVELOPMENT PROGRAMME FOR RUGBY PLAYERS

Prep Work / Warm Up / Glute Activation

The importance of this cannot be ignored. We use this section to get the body fully ready to train at optimum level – this is to allow individuals to achieve maximum performance and progression.



Speed / Power

Speed and power is vital for any rugby player, particularly the backs to be able to evade opponents. The ability to accelerate, decelerate and change direction away from opponents is a huge advantage to today's game.

Strength / Power

Lower and upper body strength is imperative in rugby. A strong core and lower body gives any rugby player the strong base required when performing the mechanics of the game. Amongst other things, a strong upper body allows players to out strengthen their opponents and regain or retain possession of the ball for their team.



Flexibility / Cool Down

Flexibility is important in rugby, as good flexibility not only allows athletes to perform at optimal level, but also can prolong careers by avoiding injuries. Constantly stretching and cooling down properly after each session can aid injury prevention, to allow the muscles and ligaments to recover in the correct manner.

ATHLETIC DEVELOPMENT

RUGBY LOWER BODY WORKOUT	
Lower Body Prime Time	
Lateral Box Jump	2 x 3 EA
NESW (Bosu)	2 x 2 EA
BB Back Squat	3 x 10, 10, 8
Nordics (Eccentric Only)	3 x 4
Weighted SL Calf Raise	3 x 12 EA
DB Lateral Step-Up	3 x 10, 10, 8 EA
Banded Hip Thrust (Floor)	3 x 8
Plate Overhead Carry	3 x 10 Secs

RUGBY UPPER BODY WORKOUT	
Upper Body Prime Time	
MB Tall Kneeling Chest Pass	2 x 6
Banded Neck Ant Flexion Isometric (Back)	2 x 20 Secs
Alternating Incline DB Bench Press (Top Down)	3 x 10, 10, 8 EA
Chin Up (Supinated Grip Isometric)	2 x ALAP Secs (Maximum of 10)
Plate Hold Deadbugs	3 x 8 EA
SA DB Z Press	3 x 10, 10, 8 EA
Trap Bar Row	3 x 8 EA
Standing Banded Overhead Tricep Extension	3 x 10

ATHLETIC DEVELOPMENT

RUGBY TOTAL BODY WORKOUT	
Total Body Prime Time	
DB Close Grip Bench Press	3 x 8
BB Upright Row	3 x 10
Standing Calc Pallof Press	3 x 8 EA
BB Split Squat (Front Rack)	3 x 8 EA
Feet Elevated Hamstring Bridge Isometric (Bench/Box)	3 x 10 Secs
Supine Leg Raises	3 x 10





GORDON'S SCHOOL
WEST END
WOKING
SURREY
GU24 9PT
01276 858084
info@gordons.school