

Dear Player,

You have been provided with a 7-week training programme to ensure you are rugby ready in September. You will see the programme on the excel spreadsheet with columns to fill in which sessions you have completed. The sessions are provided separately within the folder. If you are unsure of an exercise in any of the sessions, then search on the internet for the required technique. Try and gain access to a gym and meet up with teammates where possible to motivate each other. There are also some CV running sessions that can be done on a rugby pitch and can also be replaced on occasion by an off feet session on the bike or rower if you have access to one.

You need to set yourself a target depending on your personal needs and complete the appropriate number of sessions. You will fall into one of three categories: -

GAINER– Your target for the summer is to gain muscle mass and size.
Complete 2 Weights and 1 CV session per week.

MAINTAINER – Your target for the summer is to maintain strength and fitness levels.
Complete 1 Weights, 1 CV session and one extra, Weights or CV per week.

SUSTAINER – Your target for the summer is to increase your aerobic endurance.
Complete 1 Weights and 2 CV sessions per week.

There will be 2 days of pre-season training at school on **Thursday 29th August, and Friday 30th August**. The approx. timings will be 9.30am – 12pm. Please commit to these sessions as it is important that we hit the ground running. We will also be attending the King's Macclesfield Festival on **Saturday 1st September**, 10am Start.

I hope this information allows you to prepare the upcoming season, which I hope you are looking forward to.

Enjoy your summer break but please stay fit and healthy so that you can perform to your best in September.

Thanks,

Mr J Bedford