



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 28th August, and Friday 29th 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 30th August**, 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



‘Prepare today, Perform tomorrow’

Weights – Gym

Full Body Session 1

1A) DB Bench Press

B) Press-ups (12+)

4 sets – 6 Reps

2A) Seated DB Shoulder Press

B) Trap Bar Deadlift

4 sets – 6 Reps

3A) Chest Fly

B) DB Box Step up

C) Hip Thrusters

4 Sets – 8 Reps

4) Shoulder Complex – Heavy Shrug, DB Front Raise, Lat Raise

3 Sets – 5 Reps each exercise (15 in total)

Full Body Session 2

1A) Barbell Bent Over Row

B) Split Squat e/s

4 sets – 6 Reps

2A) Single Arm DB Row

B) Db Lunges

4 sets – 8 Reps (each side)

3A) Lat Pull down or Chins

B) Banded Face Pull

C) Nordic Curls

4 Sets – 10 Reps

4) Arm Complex – 21s curls, overhead extension, triceps pull down

3 sets



Full Body – Power (Fast Bar Speed)

1A) Barbell Power Clean or High Pull

B) Banded Broad Jumps

4 sets - 6 Reps

2A) Trap Bar Jumps

B) Box Jumps

4 sets – 6 Reps

3A) Barbell Push Press

B) Med Ball Wall Throws

3 sets – 8 Reps

4A) Single Arm Barbell Chest Press or Power Bench

B) Single Arm Sled or Machine Pull

C) Banded Dead Bugs

3 Sets – 8 Reps

Muscular Endurance – No Gym Equipment

- Board Jumps
- Burpees
- BW Squat Jumps
- BW Front Lunges
- Inch Worms
- Dead Bugs
- Press-ups
- V-Sits
- Hollow Hold

5 sets – 30 seconds on, 10 seconds off

1 minute rest in between

Neck Strengthening

**Important for injury prevention, speak to Mr Hicks for session ideas....*

CV Fitness Sessions (Summer 2025)

Off Feet

Rower			Bike			
Warm Up			Warm Up			
Sets	Reps	Time	RPM	Time	Rest	Reps
3	6	30s ON/ 30s OFF	100	5 min	0	1
3 Minutes Rest Between Sets			120	30 secs	30 secs	10
The target is to get over 900m in total over 6 efforts			130	15 secs	15 secs	10
Total work 18 mins			110	45 sec	15 secs	5
			100	5 min	0	1
			Total Time 30 Minutes			

Run Sessions

Run Session 1a - Speed Endurance (Pitch)				Run Session 2a - Endurance (Pitch)				Run Session 3a - Shuttles			
Warm Up - 10 Minutes				Warm Up - 10 Minutes				Warm Up - 10 Minutes			
Sets	Reps	Distance	Rest	Sets	Reps	Distance	Rest	Sets	Reps	Distance	Rest
3	8	100m ON/15s Recovery	3 Minutes Between Sets	3	4	400m ON/60s Recovery	5 Minutes Between Sets	3	5	5m, 22m, 10, 50m Shuttle/ 30s Recovery	3 Minutes between Sets
Use the Rugby pitch markings to set the distance. Efforts should be 100%				Use the Rugby pitch markings to set the distance. At each change of direction complete a down/up. Efforts should be 100%				Using the lines on the rugby pitch run out to each distance and back. At change of direction complete a down/up. Each set should be done in the shortest possible time.			
Total Distance: 2400m				Total Session Distance: 2400m				Total work = 2610 m			
Run Session 1b - Speed Endurance				Run Session 2b - Endurance							
Warm Up - 10 Minutes				Warm Up - 10 Minutes							
Sets	Reps	Time	Rest	Sets	Reps	Time	Rest				
4	8	30s ON/15s Recovery	3 Minutes Between Sets	4	4	60s ON/ 30s Recovery	5 Minutes Between Sets				
Total Work Time: 24 minutes				Total Work time: 24 Minutes							



OFF SEASON RUNNING SESSIONS

Aerobic	Distance	Speed	Reps	Recovery	Sets
Crazy Eights	800m	90 sec laps	3	8 mins	1
	Running Clock	Distance	Speed		
Dirty Thirty	Start	600m	85 sec laps		
	9 minutes	800m	90 sec laps		
	16 minutes	1000m	95 sec laps		
	24 minutes	1200m	100 Sec laps		
	Running Clock	Distance			
Pitch Grinder	Start	4x100m		Full Pitch Length	
	4 mins	2x100m		No rest on the turns	
	6 mins	6x100m			
	11 mins	2x100m			
	14 mins	8x100m			
Anaerobic	Distance	Speed	Reps	Recovery	Sets
Who Dies Least	400m	75 Sec Laps	2	2 mins	2
		10 minute recovery between sets			
	Distance	Speed	Reps	Recovery	Sets
Accumulators	150m	100%	2	1 min	1
	200m	100%	3	90 secs	1
	250m	100%	4	2 mins	1
	Distance	Speed	Reps	Recovery	Sets
Punishers	300	100%	1	4 mins	1
	600	90%	1	8 mins	1
	300	100%	2	4 mins	1
Alactic	Acceleration	Fly Zone	Deceleration	Reps	Sets
3x3 Fly 30's	30m	30m	20m	3	3
				Walk recovery between reps; 5 min recovery between sets	
	Distance	Recovery	Reps		
Pitch Suicides	2x10m	5 secs	1	Out and Back	
	2x15m	5 secs	1	No rest on turns	
	2x20m	5 secs	1	10 sets	
	2x25m	5 secs	1	4 min inter set recovery	
	1x60m	Finish	1		
	Distance	Speed	Reps		
Walking Starts	20m	100%	4	Slow Walk Back Recovery	
Rolling Starts	20m	100%	4	Slow Walk Back Recovery	
Flying Starts	20m	100%	4	Slow Walk Back Recovery	
				6 sets; 4 minute recovery between sets	