

BOOMERANGS – Speed and Agility

Measure 20 yards.

Warm up with high knees, skips, step turns, butt kicks and build-ups (accelerations)



Sprint 10 yards turn, and sprint 20 yards, then turn and sprint 10 yards to finish.

That totals 40 yards with 2 turns. Rest 20 seconds then repeat for a total of 7 reps (one set)

If you have no watch to time your repetitions, walk 20 yards between each rep to recover.

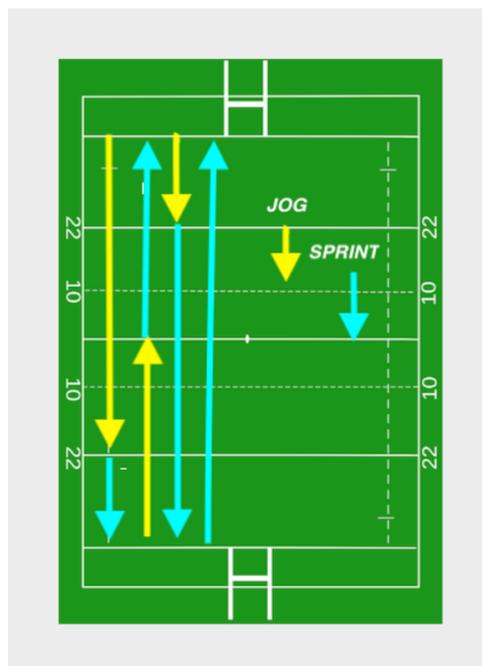
Each sprint at 100% effort

Aim to do 5 sets of 7 repetitions.

LACTIC LADDERS – Speed endurance

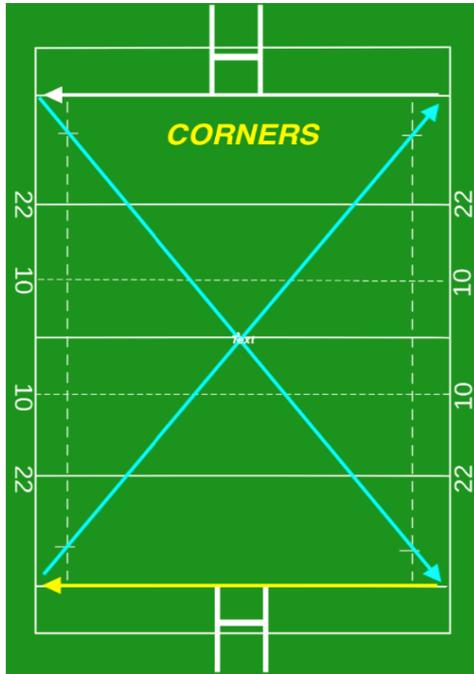
This can be done on a track, grass, pavement etc. measure or estimate a 100 yards or meters. Divide that distance into 4 equal parts. After warm-up one set is as follows

LACTIC LADDERS



1. Jog $\frac{3}{4}$, sprint $\frac{1}{4}$;
 2. Jog half, sprint half;
 3. Jog $\frac{1}{4}$ sprint $\frac{3}{4}$;
 4. Sprint full length
- Recover by walking the full length slowly

CORNERS



Purpose is to build endurance to improve game work rate and productivity

- After a warm-up start on one corner and run to the opposite diagonal corner.
- Jog that goal-line then run the opposite diagonal corner to corner.
- Walk that goal-line then repeat.
- Each diagonal corner counts as one.
- Aim for 10 reps to start with then add 2 every week.

You can add a set of Push Ups or crunches at the end of every 2 reps.

HILL REPEATS – KIWANIS PARK as an example

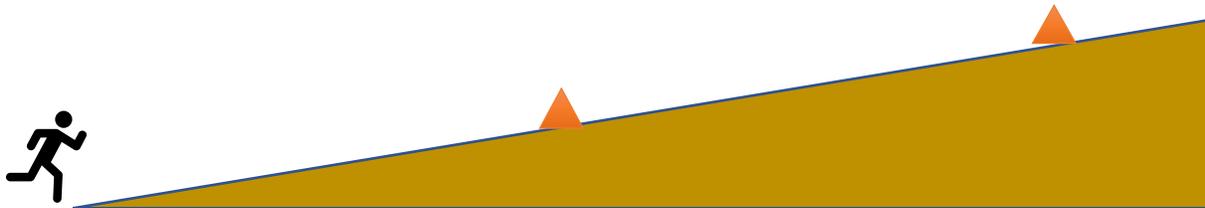
Simple. Find a hill, ideally about 20-degree incline and do repeat runs.

You can do 10 reps with a walk-back recovery at a set distance.

If you want to focus on speed rather than endurance, then shorten the distance

May also want to do reps at varying distances.

Plan on the total workout distance to be between 400 and 800 meters (example 10-20 x 40 yards)



TRAIL RUNNING

If you have an opportunity nearby then use it. The terrain is challenging, needs footwork and agility to deal with the different slopes and ground cover. Has a lot in common with the cardio demands of rugby.



NEIGHBORHOOD RUN

Get out the door and run a loop around your neighborhood. Plan on a 20-35 minute run, half a game.

FITNESS TESTING

Testing is a means to see where you are and goal set to make improvements or maintain a high standard.

Jingle Jangles

4 minutes of repeat 40-yard runs – record the actual numbers completed.

T-Push Ups

Start on your chest on the ground with hands shoulder-width apart. On 'go'

1. Extend into a full extension Push Up (elbows straight at the top);
2. Drop back to your chest, extend your hands to either side to make a T shape;
3. Bring hands back to shoulder width apart and repeat.

Record the completed number in two minutes.

If you need to rest do so on the ground at the bottom of the push up

Planks

1. Support yourself on your forearms and toes (feet together)
2. Tighten your abdominals to hold a firm plank (straight line between shoulders and ankles)
3. Do not allow your torso or thighs to touch the ground.
4. Hold a front plank facing the ground for 30 seconds then
5. Turn to your right side and hold for 30 seconds
6. Rotate onto your left side for 30 seconds
7. Back to front for 30 seconds
8. Repeat this sequence – front, side, opposite side, front for as long as possible or stop at 10 minutes

REPORT YOUR SCORES

<https://form.jotformeu.com/saltythompson/TempeFitness>



SKILL WORK

1. Play a round of rugby golf – find an empty park and pick trees and or poles at targets. How many kicks to hit the target.
2. Place kicking – trees are a great target to catch the ball. Light poles even better for accuracy.
3. Passing – if you are training alone you can still do. Pass a soccer ball off a wall using a rugby pass technique; it will come back to you if the mechanics are accurate. Sweep off the ground as well as belly button height.
4. Catching – throw high balls, low balls, to the side, over your head etc.
5. Side-step and swerve – run, step and accelerate over varying distances.
6. Kick and Chase – on the run kicking and recovering the kick then finish fast.
7. Box kicking and clearance kicking
8. Table-top scrum profile, moving side to side or in a square holding a flat back, knees close to the ground. Lift a hand or foot up to make your core adjust and hold your hips square.
9. Jumping to catch high balls, off one to multiple steps, catching on your chest and also hands high.
10. Aussie rucks – off your knees into a ‘score the try’ position, release the ball, bounce up into a split stance, pick and go!
11. Ball presentation reps – Jack-knife, long body, roll and present.

BODY WEIGHT CALISTHENICS WORKOUT AT HOME

<https://youtu.be/ay15dc2cvm0>

<https://youtu.be/KzuUs3c-Ajg>

10-minute challenge

Complete one set of Push Ups and Sit-ups every minute for 10 minutes.

Start your stopwatch and do one set of a Push Up variation (you decide on reps, 20 is a great target) then immediately do a set of abdominals. The rest of the minute is recovery.

Start each set on the minute

Types of Push Ups – narrow, shoulder-width and wide grip, one foot up, wide feet, one foot resting over the other. Displaced hands, one up and one back.

Types of abdominal exercises – crunches, twisting crunches, leg raises, “raise the roof” (point fingers towards the ceiling or sky and lift your torso up in a reach motion); bicycling kicks