

Jags Rugby Training

Gentlemen, we have put together a fitness plan for you to use. Let me put this simply and clearly. You get in shape to play rugby. You don't play rugby to get in shape.

The will to win is cheap. Everyone has it. The will to prepare to win—to put in the hard hours at the gym or on the track when no one is watching? That is what makes champions. Do you want to be a champion?

The key to rugby fitness is running. It is a running game, not a walking game. We want you to do two types of running.

Running

1. Distance—but not real long distance. We want you to run for 30 minutes. No more—no less. You can substitute rowing or biking for the same time particularly if you are a big guy, but if you bike you need to pedal at least 80 revolutions per minute—no coasting. Do this three days per week. You can go as slowly or as quickly as you like—the only catch is we want you to try to go a little further each time you run, row, or bike. But don't go more than 30 minutes.
2. Interval Work—let's keep it simple. Two days a week. I will list a distance and a percentage of effort. At first, in between “reps” you can rest by walking the same distance you ran. By the third week we want you jogging to rest between reps.
Day 1— 1 x 400 at 60%, 2 x 200 at 75%, 4 x 100 at 90%, 8 x 50 at 100%. TW= 1600 yards at pace.
Day 2--- 3 x 200 at 60%, 5 x 100 at 75 %, 6 x 50 at 90%, 10 x 25 at 100%.
TW= 1650 yards at pace.

Intervals must be run—you can't row or bike. If you get bored with these, there are a 1000 variations. I can give you some, or you can make up your own. Strive for a total distance at pace of between 1000 and 1600 yards. The shorter the total distance, the higher the percentage effort on every run. Start with longer distances and lower level of efforts—then increase the effort and lower the distance, but run more of them. I can also get you the Eagles U-19 program if you like.

Strength training is another important aspect of preparing for rugby. I will offer you three options.

Strength Training

The three options are Crossfit, Strength Training with free weights, and Coach Joe's favorite, body weight exercises, or calisthenics. You can also mix and match a bit if you like—be your own experiment. Notice I did not say use machines—if you can't use free weights, use Coach Joe's body weight program, do not use machines unless you are rehabbing an injury.

1. Crossfit: Go to www.Crossfit.com. Do the workout of the day—or WOD. It is in the center column. If you need explanations or demonstrations—they have

videos for everything and excellent explanations. If you have questions you can't find the answers to—ask Coach Bill.

2. Strength Training with free weights: We only want you doing 5 basic exercises. Squat, deadlift, power clean, bench press, military press. We only want you doing three of these exercises on any given day. We only want you doing 3 sets of 5 reps of the most weight you can do for five reps. You should do warm up sets, but they don't count for the work load. Warm ups are full range of motion, light weights—they are not “work up” sets they should not be very challenging, just heavy enough so that you pay attention to form. A workout should not take more than 45 minutes—if it does you are wasting time. Give yourself 2 minutes rest between heavy (work load) sets. Do this at least twice a week, three times to optimize gains. You must give yourself at least 48 hours between weightlifting workouts. For example, you can work out M W F or T TH SAT—but not MTW.
Day 1---Squat, Military Press, Dead lift.
Day 2---Squat, Bench Press, Power Clean.

This kind of lifting will make you very strong, but not bulky. Every time you lift, try to increase either weight or repetitions. When you can do 3 sets of 5 at a weight—move it up. 10 pounds increase is plenty—you may need to move it up less.

3. Body Weight Exercises:

- Push ups – 3 Sets of 15, slow & deliberate, 1:30 min break between sets when it becomes too easy add 5 to each set.
- Diamond Push ups – 3 Sets of 8 slow & deliberate, 1 min break between sets, when it becomes easy add 2 to each set.
- Pull ups – 3-5-7 then go down 7-5-3, 2 min rest between sets. When it becomes easy add 2 to each set.
- Triceps dips 45 secs 3 sets as many as you can do in the time frame, DO NOT SACRIFICE QUANTITY FOR QUALITY.

FAQs:

1. What if I play another sport? That's fine—do the training for that sport. If it is football or wrestling—do the distance running on Saturdays and Sundays when you are not training or playing in a game. Ignore the rest until your season is over. If you run cross country or play soccer—do the Strength Training and start running when your season is over.
2. What if I want to do something more or different? I want something tailored specifically for me and the position I want to play. Talk to the Coaches—between us we have a lot of knowledge in this area, and we will be glad to help.
3. I don't know how to lift weights—how can I learn? Get a good trainer to teach you the lifts—I can recommend a couple, or get one at your school or gym to show you. Also, Mark Rippetoe's book “Starting Strength” is an excellent place

to begin. I can help you or one of the other coaches can. Good form is very important.

4. I'm tired. Can I just watch TV until the season starts? No. Stop whining.
5. I have lots of schoolwork, I don't think I have time to do this—am I excused? Not right away. Academics take priority over everything, including rugby training. However, until you have met with one of the Coaches and gone through your schedule with him and proven that you have no time for anything but academics, eating and sleeping, you are not excused. Rugby training does take priority over xbox, video games, facebook, texting, phone calls, TV, pursuing members of the opposite sex, reading for pleasure, teasing your brothers and sisters, etc. Before you ask to be excused—ask yourself how many hours a day you spend on any of the above activities. What we are asking you to do will take at worst an hour and a half on any given day.
6. Who will make me do this? You will—if you want to be a champion.