

Warriors Rugby Off-Season

Warm Up (5-10 minutes)

Type	Goal	Examples	
Starter	Increase body temperature and get blood flowing	- Bike - Jumping Jacks	- Jog - Run on spot
Dynamic Stretch	Warm up and loosen up joints	- Walking lunges - Leg swings	- Side lunges - Butt kicks - High knees
Static Stretch	Improve Range of Motion through joints	- Butterfly groin stretch	- Touch toes - Hold heel to butt

Resistance

Example 1: Lower Body 1

	Exercise	Sets	Reps
Main Exercise	Squat	3-5	5-8
Secondary Exercises	Weighted Lunges	2-3	8-10
	Good Mornings	2-3	8-10
	Side Lunges	2-3	8-10

Example 2: Lower Body 2

	Exercise	Sets	Reps
Main Exercise	Deadlift	3-5	5-8
Secondary Exercises	Bulgarian Split Squat	2-3	5-8
	Glut Bridges	2-3	8-12
	Hamstring Curls	2-3	8-10

Example 3: Upper Body 1 – Chest and Back

	Exercise	Sets	Reps
Main Exercises	Bench Press	2-4	6-9
	Bent-Over Row	2-4	6-9
Secondary Exercises	Lat Pull Down	2-3	8-10
	Dumbbell Flies	2-3	8-10
	Seated row	2-3	8-10

Example 4: Upper Body 2 – Shoulders and Arms

	Exercise	Sets	Reps
Main Exercises	Dumbbell Shoulder Press	2-4	6-9
Secondary Exercises	Lateral Shoulder Raises	2-3	8-10
	Biceps Curl	2-3	8-10
	Triceps Extension	2-3	8-10

Superset

Tabata Circuits

- **What?** – Tabata is a 4 minute method of High Intensity Interval Training (HIIT).
 - o Tabata workouts consist of 8 sets of 30 second intervals. The 30 second intervals are broken into 20 seconds of all-out effort followed by 10 seconds of rest.
- **Why?** – Tabata Circuits are a great way to finish off a workout strong. Tabata circuits only take 4 minutes and are great for training your muscular strength and cardiovascular capacity at the same time.
- **How?** – Tabata Workouts consist of **8 sets of 30 second intervals**. The 30 second intervals are broken into **20 seconds of all-out effort**, followed by **10 seconds of rest**.

Example Tabata Workout

Squat Jump	20 s
Rest	10 s
Push Ups	20 s
Rest	10 s
Squat Jumps	20 s
Rest	10 s
Push Ups	20 s
Rest	10 s
Burpees	20 s
Rest	10 s
Mountain Climbers	20 s
Rest	10 s
Burpees	20 s
Rest	10 s
Mountain Climbers	20 s
Rest	10 s

Burpees	20 s
Rest	10 s
Barbell Shoulder Press	20 s
Rest	10 s
Bent Over Row	20 s
Rest	10 s
Russian Twist	20 s
Rest	10 s
Barbell Shoulder Press	20 s
Rest	10 s
Bent Over Row	20 s
Rest	10 s
Russian Twist	20 s
Rest	10 s
Burpees	20 s
Rest	10 s

Weekly Breakdown Examples

Days per week	Sun	Monday	Tuesday	Wednesday	Thurs	Friday	Sat
4		Lower Body 1	Upper Body 1		Lower Body 2	Upper Body 2	
3		Lower Body		Upper Body		Upper/ Lower	
2		Lower Body			Upper Body		

Resistance Workouts

PLAN AHEAD: The best way to make sure you have an effective workout is to plan your daily and weekly workout routines. Bring a log book and record your exercises, reps, sets, and weight so you can track your progress!

- **Step 1 – Warm Up:**
 - o Warm up before EVERY workout, ESPECIALLY on lower body days
 - o Warm ups don't have to take long. Aim for 5-10 minutes.
 - o Above I provided some examples for warm ups. Choose a starter to get your blood flowing and start warming up the muscles. Once you feel ready, do a few dynamic and static stretches (some examples are provided above) to loosen up the muscles and joints. Focus on the muscle groups you plan on working that day.
- **Step 2 – Weight Lifting:**
 - o Choose the muscle group(s) you want to work on and decided what exercises you are going to do.
 - o Pick one main exercise to do first and focus on. You want your main exercise to be the big exercise that requires the most muscle recruitment (i.e. Squats or Deadlifts).
 - o Pick a few secondary exercises to further work that days muscle group.
- **Step 3 – Tabata:**
 - o Choose a few exercises to fill the 8 spots in the Tabata Circuit
- **Step 4 – Cool Down:**
 - o Catch your breath after Tabata
 - o Walk it out, Stretch, etc.

Resistance Training Guidelines

	Beginner	Intermediate	Advanced
Workouts/week	2-3	3-4	4-6
Result	Muscular Endurance	Muscular Strength and Hypertrophy	Maximum Strength and Power
Intensity	Less than 70% 1RM	70-80% 1RM	80-100% 1RM
Rep Range	12-15	8-12	1-8
Set Range	1-3	1-4	1-6
Rest Between Sets	30-60 seconds	30 seconds – 2 minutes	2+ minutes

** 1RM = 1 Rep Max: the amount of weight that an individual is able to lift for a maximum of 1 rep and maintain good form.

****Don't forget to mix in some cardio guys!** The Tabata training will help but there is nothing like old fashion cardio. If you want some suggestions for some cardio exercises, feel free to email me.**

Any Questions? Feel Free to Email me at b.farquhar91@gmail.com – Brad Farquhar

Warm Up

Type	Goal	Exercise/Stretch Used
Starter	Increase body temperature and get blood flowing	
Dynamic Stretch	Warm up and loosen up joints	
Static Stretch	Improve Range of Motion through joints	

Resistance

	Exercise	Sets	Reps
Main Exercise			
Secondary Exercises			

Tabata

1.	20 s
Rest	10 s
2.	20 s
Rest	10 s
3.	20 s
Rest	10 s
4.	20 s
Rest	10 s
5.	20 s
Rest	10 s
6.	20 s
Rest	10 s
7.	20 s
Rest	10 s
8.	20 s
Rest	10 s