

In-Season conditioning

Session 1

- Sprint the long end of a rugby pitch (100m), jog the top end (70m), sprint the long end (100m), walk back to start.
- Repeat 6 times

Session 2

- 10 x 50m sprint (8secs)/50m jog (repeat every 45secs).

Starting at the goal line of the rugby pitch, sprint 50m in under 8secs, and then jog through to the other end. You have what is left of the 45secs to recover. Turn around and run back the other way.

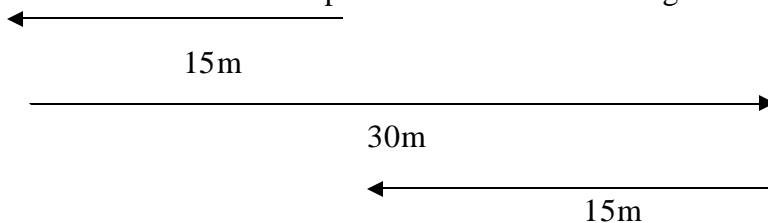
Session 3

Turnabouts – 40m for backs, 30m for forwards. As a progression each sprint can start from the get-up position (chest on floor legs extended straight behind)

- Sprint 40m at full pace
- 5secs rest
- Sprint 40m in opposite direction full pace
- 5secs rest
- Sprint 40m in opposite direction full pace
- 5secs rest
- Sprint 40m in opposite direction full pace
- 3 minutes rest
- Repeat x 8 sets

Session 4

Start at a center cone and sprint out 15m, turn and sprint 30m back, and finally turn and sprint back to finish 15m at max pace to finish at the starting cone.



Rest for 15secs between reps or for your partner to finish

Repeat x 4 sets

Rest for 2mins between sets.

- Then repeat 6 times with the following
 1. Do 5 push-ups at the start, each end and the finish
 2. Do 5 squats at the start, each end and the finish
 3. Do zigzag runs for the start, each end and the finish
 4. Do zigzags and hit the ground at the start, each end and the finish
 5. Do 5 burpees at the start, each end and the finish
 6. Sprint flat out

Then all positions set out a 100m line with markers at every 10m. Start from the floor, chest on ground, get-up sprint forward 10m, hit the ground chest on floor, repeat this every 10m, all the way down to the end (100m), Rest for 60secs. 1 length = 1rep, complete 4 reps. Focus on short sharp steps starting every sprint, explode out of every sprint.

Session 5

2 x 8 (150's – Sprint out and back 25m, then out and back 50m.) Rest for 30secs between reps, 3mins between sets.

Recovery walk/jog for 5mins.

Sprint 110m (dead ball line to opposite try line, approx 110m) in 20secs (backs/backrow hookers aim for 16-18secs, forwards 18-20secs), rest for 20secs, and then sprint back in opposite direction. You will sprint every 40secs.

2 x 10 with 3mins rest between sets.

5-10mins cool down run