

KEYSTONE RUGBY
SUMMER TRAINING PROGRAM
2009



Keystone Summer Workout

This is the next step in Keystone's development as a club, and that is a commitment to the individual players strength and conditioning. Last fall the team made a commitment to improve our fitness, but it started during the season. While that was good, the season is not the best time for us to be working on the strength and conditioning. We need to make that commitment during the off-season and the summer is the best time to do that.

Keystone is growing as a club, and it looks like we will have over 30 active players this fall, all of whom are very good players. This fall the team will be the most competitive it has been since it started, and there will not be any teams we face that we cannot beat. It will also be the most competition for playing time we have ever had. There will be Keystoners that have started the last couple of years that will not start this year. As always, we will have a selection policy that gives everyone an opportunity to play and we will have over 30 players that can play premiership level rugby. The difference between those that start the big games and those that do not could come down to fitness. We will have fitness testing during the summer and in our pre-season build up to our games. This will be information for you so you know what you need to work on.

This workout program is designed to prepare you for the fall season. Phase 1 will look to build strength in the weight room and endurance on the field. Phase two will look to build power, speed and agility. This workout should be seen as the minimum that a keystoner should follow. If you would like to enhance your workout please email Angie or Pete.

The next 6 weeks will require:

3 sessions in the weight room (one can be swapped for Crossfit/Circuit)

1 running session

1 rugby practice

There is an optional running session a week available for those with time.

The weekly schedule should look like this (you can vary the days):

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weight room workout 1	Rugby Summer Skills	Weight room workout 2	Running Workout	Weight room workout 3	Optional Running Workout	Recovery run 30 min at pace that you can talk

You may add an additional running workout/other sport on the off days, but please ensure that you have one off day a week.

Core work is vital for rugby. Please ensure that you do a 15 minute core workout at each weight room session.

BODYWEIGHT WARM-UP ROUTINE

The following weightlifting warm-up should be performed prior to each strength workout. The body weight warm-up will increase your core temperature and prepare your body for the specific movements you will perform in your workout. If you do the body weight warm-up routine on a consistent basis with focus on your flexibility, your weightlifting technique will improve.

1. JUMPING JACKS x25 REPS
2. HIGH KNEE PULLS x5 EACH LEG
3. WOODCHOPPERS (F) x5 REPS
4. WOODCHOPPERS W/ TWIST (R/L) x5 EACH
5. GOODMORNINGS x10 REPS
6. SINGLE-LEG (TFL) SQUAT x5 EACH LEG
7. SINGLE-LEG TOE TOUCH x5 EACH LEG
8. LUNGES: FRONT, SIDE x5 REPS
9. PUSH-UPS W/ ROTATION x5 EACH ARM
10. PRAYER STRETCH (F/R/L) x5 EACH ARM
11. SCORPIONS x5 EACH

Strength and Conditioning Traveling Body Weight Circuit

Squat Thrusts x20-30
Negative Push-up (8 count) or Regular Push-up xMax
Hamstring Bridge on floor (2 s pause) x20-30
Mountain Climbers x60-70
Supermen x20-30
Bicycles x30-40
Alternating Lunge x20-30
Bent-knee V-ups x20-30
Lateral Raise w/ wt (use anything for wt- ie, soup can) x10-15
Rear Raise w/ wt (use anything for wt- ie, soup can) x10-15
Squat Thrusts x20-30
Pullover and Touch Toe x20-30

Rest 1-minute and repeat!

Note: Perform if you are traveling and unable to get to a gym.

KEYSTONE SUMMER LIFTING PROGRAM - PHASE 1

Work Out 1												
Warm-up		20 minutes of cardio on bike, stairmaster, row etc										
Warm-up		15 mins of core work										
Warm-up		Each exercise requires 10 reps with light weight (bar) and 8 reps with low weight										
Exercise	6/16		6/23		6/30		7/7		7/14		7/22	
	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt
Parallel Squat	x6		x6		x4		x4		x4		x10	
	x6		x4		x3		x3		x3		x10	
	x4		x3		x2		x2		x2		x10	
Straight Arm Pullovers	x12		x12		x10		x10		x8		x12	
	x12		x12		x10		x10		x8		x12	
High Pulls	x6		x6		x4		x4		x4		x10	
	x6		x4		x3		x3		x3		x10	
	x4		x3		x2		x2		x2		x10	
Shoulder Press behind neck	x9		x9		x7		x7		x7		x10	
	x7		x7		x5		x5		x5		x10	
	x5		x5		x3		x3		x3		x10	
Standing Tricep Extentions	x12		x12		x10		x10		x8		x12	
	x12		x12		x10		x10		x8		x12	
Machine front and side neck	x15 F		x15 F		x15 F		x15 F		x15 F		x15 F	
	x15 L		x15 L		x15 L		x15 L		x15 L		x15 L	
	x15 R		x15 R		x15 R		x15 R		x15 R		x15 R	
Ext. DB Rotation	x12		x12		x10		x10		x8		x12	
	x12		x12		x10		x10		x8		x12	

Work Out 2												
Warm-up		20 minutes of cardio on bike, stairmaster, row etc										
Warm-up		15 mins of core work										
Warm-up		Each exercise requires 10 reps with light weight (bar) and 8 reps with low weight										
Exercise	6/16		6/23		6/30		7/7		7/14		7/22	
	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt
Dead lifts	x6		x6		x4		x4		x4		x10	
	x6		x4		x3		x3		x3		x10	
	x4		x3		x2		x2		x2		x10	
Back lunges w/BB 2 sets per leg	x12		x12		x10		x10		x8		x12	
	x12		x12		x10		x10		x8		x12	
Bench Press	x6		x6		x4		x4		x4		x10	
	x6		x4		x3		x3		x3		x10	
	x4		x3		x2		x2		x2		x10	
Bent Arm Pullover	x10		x10		x8		x8		x8		x12	
with curl bar	x10		x10		x8		x8		x8		x12	
	x10		x10		x8		x8		x8		x12	
BB Bicep curls	x12		x12		x10		x10		x8		x12	
	x12		x12		x10		x10		x8		x12	
Machine front and side neck	x15 F		x15 F		x15 F		x15 F		x15 F		x15 F	
	x15 L		x15 L		x15 L		x15 L		x15 L		x15 L	
	x15 R		x15 R		x15 R		x15 R		x15 R		x15 R	
Scarecrows	x12		x12		x10		x10		x8		x12	
	x12		x12		x10		x10		x8		x12	

Work Out 3 - can be replaced by Crossfit												
Warm-up	20 minutes of cardio on bike, stairmaster, row etc											
Warm-up	15 mins of core work											
Warm-up	Each exercise requires 10 reps with light weight (bar) and 8 reps with low weight											
Exercise	6/16		6/23		6/30		7/7		7/14		7/22	
	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt
Dead lifts	x12		x12		x12		x12		x12		x12	
Light weight	x12		x12		x12		x12		x12		x12	
High Pull	x9		x9		x9		x9		x9		x9	
Light weight	x9		x9		x9		x9		x9		x9	
Dead lifts	x12		x12		x12		x12		x12		x12	
Light weight	x12		x12		x12		x12		x12		x12	
Machine Rows	x10		x10		x10		x10		x10		x10	
to failure	x10		x10		x10		x10		x10		x10	
Machine Incline	x10		x10		x10		x10		x10		x10	
Bench to failure	x10		x10		x10		x10		x10		x10	
Pullups super set	x5		x5		x7		x7		x10		x10	
with dips	x5		x5		x7		x7		x10		x10	
(assist as needed)	x5		x5		x7		x7		x10		x10	

16 June Running Workout

Warm-up: 10 minute easy jog , stretch, running skills

Balance work: 1 leg good mornings - 2x10 on each leg (if too easy do it with eyes closed)

Fartlek: 3 min easy run

3 x 1 min easy and 1 min 50%

2 x 45 sec 70%, 15 sec easy

2 x 30 sec 90%, 30 sec easy

Strides: 10x 30m 70%

Cool down: 5 min easy jog, stretch

23 June Running Workout

Warm-up: 10 minute easy jog , stretch, running skills

Balance work: 1 leg good mornings - 2x10 on each leg (if too easy do it with eyes closed),

Stand on 1 leg and tap N/E/S/W with opposite hand on ground x 3 for each leg

Fartlek: 3 min easy run

5 x 1 min easy and 1 min 50%

4 x 60 sec 70%, 30 sec easy

3 x 30 sec 90%, 30 sec easy

Strides: 10x 30m 70%

Cool down: 5 min easy jog, stretch

June 30 Running Workout

Warm-up: 10 minute easy jog , stretch, running skills

1 leg good mornings - 2x10 on each leg (if too easy do it with eyes closed), Stand on 1 leg and tap N/E/S/W with opposite hand on ground x 3 for each leg

Fartlek: 3 min easy run

5 x 1 min easy and 1 min 50%

4 x 60 sec 70%, 60 sec easy

3 x 30 sec 90%, 60 sec easy

Strides: 10x 30m 70%

Cool down: 5 min easy jog, stretch

July 7 Running Workout

Warm-up: 10 minute easy jog , stretch, running skills

Balance work: 1 leg good mornings - 2x10 on each leg, 1 leg hop over 4x 6 inch hurdle/cone
150 (50m) Yard Shuttle 3x3

1 min b/w reps, 2 min rest b/w sets

Cool down: 5 min easy jog, stretch

July 14 Running Workout

Warm-up: 10 minute easy jog , stretch, running skills

Balance work: Stand on 1 leg and tap N/E/S/W with opposite hand on ground x 3 for each leg ,
1 leg hop over 4x 6 inch hurdle/cone

150 (50m) Yard Shuttle 4x3

1 min b/w reps, 2 min rest b/w sets

Cool down: 5 min easy jog, stretch

July 21 Testing – We will set up a time for people to be tested. Please note that this is for your knowledge and not for selections purposes.

Optional Running Workouts

If you would like to run twice a week here is another workout you can do. This will work on your speed endurance – your ability to run at full pace multiple times. You can also use it to develop your aerobic base.

16 June Running Workout

Warm-up: 10 minute easy jog , stretch, running skills

Balance work: 1 leg good mornings - 2x10 on each leg (if too easy do it with eyes closed)

4 x 100m (80%) slow jog back to start

3 x 150 m (80%) slow jog back to line

2 x 200 m(80%) slow jog back to line

1 x 400m (80%) slow jog back to line

Cool down: 5 min easy jog, stretch

23 June Running Workout

Warm-up: 10 minute easy jog , stretch, running skills

Balance work: 1 leg good mornings - 2x10 on each leg (if too easy do it with eyes closed),

Stand on 1 leg and tap N/E/S/W with opposite hand on ground x 3 for each leg

4 x 100m (80%) slow jog back to start

3 x 150 m (80%) slow jog back to line

2 x 200 m(80%) slow jog back to line

2 x 400m (80%) slow jog back to line

Cool down: 5 min easy jog, stretch

June 30 Running Workout

Warm-up: 10 minute easy jog , stretch, running skills

1 leg good mornings - 2x10 on each leg (if too easy do it with eyes closed), Stand on 1 leg and tap N/E/S/W with opposite hand on ground x 3 for each leg

5 x 50m (100%) slow jog back to start

4 x 75m (100%) slow jog back to start

3 x 100m (100%) slow jog back to start

Rest 4 min

3 x 150 m (80%) slow jog back to line

2 x 200 m(80%) slow jog back to line

1 x 400m (80%) slow jog back to line

Cool down: 5 min easy jog, stretch

July 7 Running Workout

Warm-up: 10 minute easy jog , stretch, running skills

Balance work: 1 leg good mornings - 2x10 on each leg, 1 leg hop over 4x 6 inch hurdle/cone

Speed endurance

6 x 50m (100%) slow jog back to line

5 x 75 m (100%) slow jog back to line

4 x 100 m(100%) slow jog back to line
Anaerobic
200m (40secs/20secs recovery) 100m (20secs/40secs recovery) x 4
Run the 200m in 40secs and recover for 60secs
Then run the 100m in 20secs and recover for 40secs.
Repeat this pattern 2 times. Rest for 3mins then repeat.
Cool down: 5 min easy jog, stretch

July 14 Running Workout

Warm-up: 10 minute easy jog , stretch, running skills
Balance work: Stand on 1 leg and tap N/E/S/W with opposite hand on ground x 3 for each leg ,
1 leg hop over 4x 6 inch hurdle/cone
Speed endurance
6 x 25m (100%) slow jog back to line
5 x 50m (100%) slow jog back to line
4 x 75 m (100%) slow jog back to line
3 x 100 m(100%) slow jog back to line
Anaerobic
200m (40secs/20secs recovery) 100m (20secs/40secs recovery) x 6
Run the 200m in 40secs and recover for 20secs
Then run the 100m in 20secs and recover for 45secs.
Repeat this pattern 3 times. Rest for 4mins then repeat.

Cool down: 5 min easy jog, stretch

July 21 Testing – We will set up a time for people to be tested. Please note that this is for your knowledge and not for selections purposes.