HEALTH BY SCIENCE

RUGBY STRENGTH LAB: FREE WORKOUT



Unleash your training potential.

Disclaimer

You should always consult your physician or other healthcare provider if you have any underlying health issues prior to starting the program.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself.

The information provided is not intended to be a substitute for professional medical advice, diagnosis or treatment. Never disregard professional medical advice, or delay in seeking it, because of something you have read on this website. Never rely on information on this website in place of seeking professional medical advice.

Welcome

Unleash Your Potential!

Congratulations on your purchase of the Rugby Strength Lab Package! Get ready to take your performance to new heights and reduce the risk of injuries on the rugby field. This comprehensive package has been meticulously designed to cater to players of all levels, offering both a beginner and advanced version to suit your specific needs.

At health by Science, we understand the importance of a well-rounded approach to strength and conditioning. That's why our package encompasses the expertise of UKSCA coaches who have honed their skills specifically for the unique demands of rugby.

Whether you're a novice or a seasoned player, this package has got you covered. Our beginner version provides a solid foundation, focusing on developing key areas such as strength, power, and mobility. With targeted exercises and carefully curated training plans, you'll build a solid base for future growth.

GYM REQUIRED

Phase 1 - Foundation

Duration: Run this programme for at least 4 weeks before moving to the next phase.

If you are still making progress after 4 weeks, continue until results plateau and then start Phase 2.

Rest: 1-2 minutes between each set.

Intensity: can be measured as a % of 1 repetition max if known or as a subject level of difficulty e.g. 70-80% of the estimated maximum weight you could lift for a single repetition ie. if 50kg is max, you would use 35-40kg for sets.

Depending on your training experience we have two versions of Phase 1, a beginners and advanced sessions...

GYM REQUIRED

Phase 1 - Beginner Strength Sessions

Session 1

Exercise	Sets X Reps	Intensity	Sub Ex
DB Goblet Squat	3X12	70-80%	DB Front Squat to Bench
DB split squat (2 DBs)	3X12	70-80%	Box Step Up
Dumbbell RDL	3X12	70-80%	Back Extensions (Hamstrings Focus)
Press Up	3X12	BW	DB Bench Press
Drop Jump	3X6	0.30m box	Standing Broad Jump

Session 2

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GYM REQUIRED

Phase 1 - Advanced Strength Sessions

Session 1

[illegible]	[illegible]	[illegible]	[illegible]
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Session 2

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GET THE WHOLE TRAINING PACKAGE FOR JUST £29
LEARN MORE

Rugby Strength Lab Full Package

In each phase, you'll find three different session types: strength, conditioning, and robustness. Our strength training sessions are specifically designed to develop your strength and power, giving you a solid foundation for explosive movements on the rugby field.

Our on-feet conditioning sessions will focus on enhancing your running endurance, ensuring you can maintain high intensity throughout the game.

We understand that resilience and injury prevention is key, which is why we've incorporated robustness circuits into each phase.

And for those looking to go the extra mile, we offer optional individual top-up sessions. These sessions are perfect for those with the time and motivation to achieve even better results.

Remember that it's important to follow them in order, as they have been carefully designed to build upon each other.

Session Types

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GYM REQUIRED

Strength Sessions

Click here for a spreadsheet version to track your progress.

MAIN AIM
Develop strength and power with this 45 minutes training session.

WHEN?
Aim to leave at least 1 day either side of your game to avoid impacting recovery.

HOW OFTEN?
Aim to complete 2 sessions per week.

GYM NOT REQUIRED

On Feet Conditioning

Click here for a spreadsheet version to track your progress.

MAIN AIM
Develop running endurance

WHEN?
Aim to leave at least 1 day either side of your game to avoid impacting recovery

HOW OFTEN?
In season you should aim to complete 1 Sessions per week.

GYM REQUIRED

Robustness Circuit

Click here for a spreadsheet version to track your progress.

MAIN AIM
Increase resistance to injuries

WHEN?
Can be completed prior to any session or as a stand alone ‘top up’ session.

HOW OFTEN?
Aim to complete 2-3 Sessions per week


SCHEDULING

SCHEDULING

The Core Sessions

Scheduling will depend on the time of day you have available to train as well as your preference.You can structure this in line with what you have on each day, just as long as you get all sessions in each week.

Below are some examples of different scenarios based on someone who has rugby training on a Tues and Thurs and Games on Sat.

When creating your schedule, on top of your rugby specific sessions and game you should aim to fit in:

- x2 strength sessions
- x1 On feet conditioning session
- x2 Robustness circuits (these can be completed before any session or completed separately)

*Replace games and rugby training sessions with 'on feet' conditioning sessions if not completed

The rules to keep in mind when creating your schedule:

- Keep Friday as a light day. Robustness circuits, some muscle building top ups and/or mobility work are all ok, but avoid a conditioning session or strength.

The Core Sessions

training.

- Sunday = if you played saturday then this should be a rest and recovery day.
- Do not perform the same session type more than two days in a row.

Example 1...

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM	Strength	Robust+ Cond.	Strength		Robust	Game	Rest
PM		SST		SST			

SST = Sport Specific Training ie. Your team rugby sessions
Cond. = On Feet Conditioning

Example 2...

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM		Robust+ Cond.		Strength		Game	Rest
PM	Strength	SST		Robust + SST			

SST = Sport Specific Training ie. Your team rugby sessions.
Cond. = On Feet Conditioning

SCHEDULING

Core Programme + Top Ups

Get Fitter...

Includes core sessions + 2 additional off feet sessions

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM	Strength + Off Feet Cond.	Robust+ Cond.	Strength	Robust + Off Feet Cond.		Game	Rest
PM		SST		SST			

SST = Sport Specific Training ie. Your team rugby sessions

Build Muscle...

Includes core sessions + 3 additional Body Part Blast sessions (6 drills)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM	Strength + 2 BPB	Robust+ Cond.	Strength + 2 BPB		Robust + 2 BPB's	Game	Rest
PM		SST		SST			

SST = Sport Specific Training ie. Your team rugby sessions
BPB = Body Part Blast

Tell Us How You Get On

if you have any questions to do with the programme, feel free to email us at:



coaching@healthbyscience.co.uk

The next step is to now get started with your programme. We hope the programme gives you as much enjoyment as it has done for the Health by Science Coaches when creating it.


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