



HOËRSKOOL PAREL VALLEI HIGH SCHOOL

12 Week Off-Season Training Program Junior Rugby (U14 – U15) (1 December 2014 to 1 March 2015)

- The program consists of 3 x 4-week cycles (1 December to 1 March 2015)
- 3 Weeks progression will flow into a Transition week before the next phase
- **If you have never completed any resistance training exercises I strongly suggest you make an appointment with your coach/instructor at the gym to demonstrate the exercises before you start.**
- Resistance training exercises will start at an entry level and will gradually be progressed into more advanced exercises during the next phase
- Core (Primary) exercises are in **BOLD** and have to be completed as instructed below. Auxiliary (Secondary) exercises are secondary to the Core exercises; the progressions for them are also listed below.
- **STABILITY & STRETCHING EXERCISES HAVE TO BE COMPLETED 3 TIMES PER WEEK OVER AND ABOVE THE TIMES ALLOCATED FOR RESISTANCE TRAINING**

Phase 1 (Week 1 – 4)

- Body-weight exercises 2 x 25
- Core exercises 2 x 20
- Auxiliary exercises 20,15

Phase 2 (Week 5 – 8)

- Core exercises 20,15,12
- Auxiliary exercises 20,15,15

Phase 3 (Week 9 – 12)

- Core exercises 15,12,10
- Auxiliary exercises 15,15,12

Appendix A - Completed during the Taper weeks (Week 4 of every phase)

- **A. 3 x Push-up Sessions during the Week**
 1. 15-1 building up to 25-1-20sec rest between sets
 - Complete 15 push-ups wider than shoulder width, rest 20sec, complete 14 push-ups shoulder width, rest 20sec, complete 13 push-ups in the diamond formation etc. Follow this routine until you have completed 1 push-up in the diamond position.
 2. Max, 50%, 40%-90sec rest, 60sec rest

- Complete maximum push-ups wide, rest 90sec, complete 50% of the first set shoulder width, rest 60sec and then complete 40% of the first set in the diamond formation.
3. 3 x Max (Top Positions)-180sec rest between sets

• **B. 3 x Abdominal Sessions during the Week**

- 4. Upper - 3 x 30 building up to 50
- 5. Side & Lower - 3 x 15 building up to 50
- 6. Bridging routines - 40sec building up to 120sec

- 7. Overhand - Fw's -3 x 4 building to 10
- Backs -3 x 8 building to 15

- 8. Underhand - Fw's -3 x 6 building to 15
- Backs -3 x 10 building to 20

Day	Am	Pm
Monday	2.4km run Record your time	Chest & Biceps, OR Session 1
Tuesday	REST	Legs OR Session 2
Wednesday	REST	Chest & Biceps OR Shoulders & Back, OR Session 1 or 3 (Alternate every week)
Thursday	3km run Record your time	Shoulders & Back , OR Session 3
Friday	REST	Legs, OR Session 2
Saturday	REST	REST
Sunday	REST	REST

Day	Am	Pm
Monday	REST	Appendix A1, B4 & C7
Tuesday	REST	2.4km run Record your time
Wednesday	REST	Appendix A2, B5 & C8
Thursday	REST	5 x 800m intervals Rest = time of first interval Record your times
Friday	REST	Appendix A3, B6 & C7

Saturday	REST	6 x 400m intervals Rest = time of first interval Record your times
Sunday	REST	REST

Chest & Biceps

Warm-up

- **Alternate Medicine Ball push-ups** - **3 x 4/side**
- **'Deep' Push-ups (between benches/Rocket Balls etc)** - **2 x 6**

Exercise	Phase 1 Rest between sets: 30s Rest between ex's: 60s	Phase 2 Rest between sets: 30s Rest between ex's: 120s Choose	Phase 3 Rest between sets: 60s Rest between ex's: 180s Choose
DB Bench Press	CORE	CORE	CORE
DB Fly's OR Pec Dec	20,15	20,15,15	15,15,12
DB Combo	20,15	20,15,15	15,15,12
Incline DB Press	CORE	CORE	CORE
Seated DB Hammer	20,15	20,15,15	15,15,12
Bench Dips	20,15	20,20	20,20,20

Exercise	Phase 1 Rest between sets: 30s Rest between ex's: 120s Choose	Phase 2 Rest between sets: 30s Rest between ex's: 120s Choose	Phase 3 Rest between sets: 60s Rest between ex's: 120s Choose
Seated DB Shoulder	CORE	CORE	CORE
Bench One Arm Rows	CORE	CORE	CORE
DB Lateral Raises	20,20	20,15,12	15,12,10
BB Bench Pull OR Seated Incline Rows	CORE	CORE	CORE
Underhand Pull-ups	Fw's 8,8,8 Backs 10,10,10	Fw's 9,9,9 Backs 11,11,11	Fw's 10,10,10 Backs 12,12,12

Legs & Lower Back

Warm-up

- **Bridging with hip & knee flexion/extension** - **10 per side**
- **Body-weight Full Squats** - **2 x 10**

Exercise	Phase 1 Rest between sets: 30s Rest between ex's: 60s	Phase 2 Rest between sets: 30s Rest between ex's: 120s	Phase 3 Rest between sets: 60s Rest between ex's: 120s
Weight plate step-up with leg drive	10,10 per side	10,10,10 per side	15,15,15 per side
BB Back Squat	CORE	CORE	CORE
Lying Ball	20,20 (3sec hold)	20,15,15 (3sec hold)	20,15,20 (3sec hold)
Hamstring Curls (2 sec up, 4 down)	20,20	20,15,12	15,12,10
Leg Press (if available) OR DB Lunges	CORE	CORE	CORE
Skipping	400 skips in as few sets as possible	600 skips in as few sets as possible	800 skips in as few sets as possible

Stability – Complete at home 3 x week

Exercise	Phase 1 Rest between sets: 30s Rest between ex's: 60s	Phase 2 Rest between sets: 30s Rest between ex's: 90s	Phase 3 Rest between sets: 30s Rest between ex's: 90s
Supine (on back) Stability with leg lift	3 x 15 per side	3 x 15 per side	3 x 15 per side
Elbow bridging	30sec,30sec,30sec	60sec,60sec,60sec	90sec,90sec,90sec
1-leg Balance on pillow or Aerex	3 x 30sec per side	3 x 30sec per side	3 x 30sec per side
Seated alternate toe taps	3 x 30sec	3 x 45 sec	3 x 60sec
Prone (facing the ground) Arm-lift	10,10,10 (hold 3sec)	10	10

Session 1

Warm-up

- Alternate Medicine Ball push-ups - 3 x 4/side
- 'Deep' Push-ups (between benches/Rocket Balls etc) - 2 x 6

Exercise	Phase 1 Rest between sets: 30s Rest between ex's: 60s Choose your weights	Phase 2 Rest between sets: 30s Rest between ex's: 120s Choose your weights	Phase 3 Rest between sets: 60s Rest between ex's: 180s Choose your weights
Weighted push ups	CORE	CORE	CORE
Dips	20,15	20,15,15	15,15,12
Clock push ups	20,15	20,15,15	15,15,12
Pull ups	CORE	CORE	CORE
V -push ups	20,15	20,15,15	15,15,12
Dips with feet on ball	20,15	20,20	20,20,20

Session 2

Warm-up

- Bridging with hip & knee flexion/extension - 10 per side
- Body-weight Full Squats - 2 x 10

Exercise	Phase 1 Rest between sets: 30s Rest between ex's: 60s	Phase 2 Rest between sets: 30s Rest between ex's: 120s	Phase 3 Rest between sets: 60s Rest between ex's: 120s
Weight plate step-up with leg drive	10,10 per side	10,10,10 per side	15,15,15 per side
1 Leg Squat	CORE	CORE	CORE
Lying Ball squeezes	20,20 (3sec hold)	20,15,15 (3sec hold)	20,15,20 (3sec hold)
Hamstring falls(on knees,hold feet, fall forward)	20,20	20,15,12	15,12,10
1 Leg Supine bridge	CORE	CORE	CORE
Skipping	400 skips in as few sets as possible	600 skips in as few sets as possible	800 skips in as few sets as possible

Session 3

Warm-up

Same as Shoulders & Back

Exercise	Phase 1 Rest between sets: 30s Rest between ex's: 120s Choose	Phase 2 Rest between sets: 30s Rest between ex's: 120s Choose	Phase 3 Rest between sets: 60s Rest between ex's: 120s Choose
V push-ups	CORE	CORE	CORE

Lying Pull-ups	CORE	CORE	CORE
Lateral swings	20,20	20,15,12	15,12,10
Push-ups with hands in line with hips	20,20	20,20,20	25,25,25
Pull-ups	Fw's 8,8,8 Backs 10,10,10	Fw's 9,9,9 Backs 11,11,11	Fw's 10,10,10 Backs 12,12,12
Jumping push ups	10,10	12,10,10	15,12,12

REMEMBER... "WHAT YOU PUT IN. IS WHAT YOU GET OUT!"

