



HOËRSKOOL PAREL VALLEI HIGH SCHOOL

12 Week Off-Season Training Program Senior Rugby (U/16 & U19) (1 December 2014 to 1 March 2015)

- The program consists of 3 x 4-week cycles.
- 3 Weeks progression will flow into a Transition week before the next phase starts.
- If you have never completed any resistance training exercises then complete Phase 1 first and then move into Phase 2 and progress into Phase 3. Resistance training exercises will start at an entry level and will be progress into
- 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)

- Core exercises 4 x 12
- Auxiliary exercises 3 x 10

Phase 2 (Week 5 – 8)

- Core exercises 10,8,6
- Auxiliary exercises 3 x 8

Phase 3 (Week 9 – 12)

- Core exercises 8,6,4,4
- Auxiliary exercises 3 x 6

Schedule (Week 1 – 3 for Phases 1 – 3)

Day	Am	Pm
Monday	3km run (Record your time)	Chest & Biceps
Tuesday	REST	Legs
Wednesday	REST	Chest & Bi's/Shoulders & Back
Thursday	5km run (Record your time)	Shoulders & Back
Friday	REST	Legs
Saturday	REST	REST
Sunday	REST	REST

Taper week schedule (Week 4 for Phases 1 – 3)

Day	Am	Pm
Monday	REST	Appendix A1, B4 & C6
Tuesday	REST	2.4km run (Record your time and compare)
Wednesday	REST	Appendix A2, B5 & C7
Thursday	REST	5 x 1000m intervals Rest = time of first interval Record your times &
Friday	REST	Appendix A3, B4 & C6
Saturday	REST	5 x 800m intervals Rest = time of first interval Record your times &
Sunday	REST	REST

Taper week (Week 4 of every stage)

Appendix • 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 - 180sec rest between sets**
 - 3 Top positions

• B. 3 x Abdominal Sessions during the Week

4. Upper - 3 x 50 building up to 100
5. Side & Lower - 3 x 25 building up to 100

• C. 2 x Pull-up Sessions during the Week

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|--------------|---|-------|------------------------|
| 6. Overhand | - | Fw's | -3 x 5 building to 10 |
| | - | Backs | -3 x 10 building to 15 |
| 7. Underhand | - | Fw's | -3 x 6 building to 15 |
| | - | Backs | -3 x 10 building to 20 |

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: 60s Rest between ex's: 60s Choose	Phase 2 Rest between sets: 75s Rest between ex's: 120s Choose	Phase 3 Rest between sets: 90s Rest between ex's: 180s Choose
BB OR DB Bench Press	CORE	CORE	CORE
DB Fly's	10,10,10	8,8,8	6,6,6
DB Combo	10,10,10	8,8,8	6,6,6
Incline DB Press	CORE	CORE	CORE
DB Hammer	10,10,10 per side	8,8,8 per side	6,6,6 per side
Weighted Bench Dips	20,20,20	20,15,10	15,10,8
Standing EZ//BB Curls	10,10,10	8,8,8	6,6,6

Exercise	Phase 1 Rest between sets: 60s Rest between ex's: 60s Choose your weights	Phase 2 Rest between sets: 75s Rest between ex's: 120s Choose your weights	Phase 3 Rest between sets: 90s Rest between ex's: 180s Choose your weights
DB One Arm Rows	CORE	CORE	CORE
Seated DB Shoulder	CORE	CORE	CORE
Pull-ups (Underhand)	Max, 50%, 40%	Max, 50%, 40%	Max, 50%, 40%s
DB Front Raise/ Lat Raise Alternate Press	10,10,10 per routine (30 total)	8,8,8	6,6,6
DB Bent-over flies	10,10,10	8,8,8	6,6,6

Legs & Lower Back

Warm-up

- **Bridging with hip & knee flexion/extension** - **10 per side**
Remember to stop where you lose the contraction
- **Body-weight Full Squats** - **2 x 10**

Exercise	Phase 1 Rest between sets: 60s Rest between ex's: 60s Choose your weights	Phase 2 Rest between sets: 75s Rest between ex's: 120s Choose your weights	Phase 3 Rest between sets: 90s Rest between ex's: 180s Choose your weights
Body-weight step- up & control down	10,10,10 per side	8,8,8 per side	6,6,6 per side
DB Squat	CORE	CORE	CORE
Lying Ball squeezes	12,12,12 (3sec hold)	12,12,12 (3sec hold)	12,12,12 (3sec hold)
Leg Press (if available) OR DB Lunges	CORE	CORE	CORE
Skipping	1000 skips in as few sets as	1500 skips in as few sets as possible	2000 skips in as few sets as possible

Exercise	Phase 1 Rest between sets: 60s Rest between ex's: 60s Choose your weights	Phase 2 Rest between sets: 75s Rest between ex's: 120s Choose your weights	Phase 3 Rest between sets: 90s Rest between ex's: 180s Choose your weights
Supine (on back) Stability with leg lift (Start with one and continue to 2 if possible)	3 x 15 per side	3 x 15 per side	3 x 15 per side
Elbow bridging	30sec,30sec,30sec	60sec,60sec,60sec	120sec,120sec,120sec
1-leg Balance on pillow or Aerex (Eyes closed if too easy)	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 Arm-lift	10,10,10 (hold 3sec)	10	10

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