

Belmont Rugby Pre-Season Workout Program

This is the 10-week, 2-phase **Advanced** workout program. It is a 6-day per week, Monday through Saturday program. It was adapted from a Gyms.co.nz fitness program.

Phase 1: 6 weeks

Monday – Weight Strength Training: Chest, Back, Triceps, Core

Warm up 10 minutes

Exercise	Reps	Sets	Rest Between Sets
Dumbbell Bench Press	8-12	3	90 seconds
Incline Bench Press	8-12	3	90 seconds
Lat Pulldown	8-12	3	90 seconds
Bent Over Row	8-12	3	90 seconds
Tricep Kickbacks	8-12	3	90 seconds
Swiss Ball Sit Ups	15+	3	90 seconds
Bridging	1 minute	2	2 minutes

Warm Down

Treadmill: 10 minutes easy

Stretches: chest, triceps, shoulders, back, quadriceps, hamstrings, calves

Tuesday – Cardio: 21 minute Run

3 minute easy jog

15 minute steady run

3 minute easy jog

Wednesday – Weight Strength Training: Shoulders, Legs, Biceps, Core

Warm up 10 minutes

Exercise	Reps	Sets	Rest Between Sets
Dumbbell Shoulder Press	8-12	3	90 seconds
Lateral Dumbbell Raise	8-12	3	90 seconds
Dumbbell Bicep Curls	8-12	3	90 seconds
Barbell Squats	8-12	3	90 seconds
Multi-Directional Lunges	8-12	3	90 seconds
Calf Raises	8-12	3	90 seconds

Warm Down

Cycle: 10 minutes easy

Stretches: chest, triceps, shoulders, back, quadriceps, hamstrings, calves

Thursday – Medium Interval Session

Warm Up 5 minute jog

Half-field shuttles (100m) 10 Reps at 90% Intensity 1 minute rest between reps

Warm Down

5 minute easy recovery jog

Stretches: quadriceps, hamstrings, calves, gluteals

Friday – Team Training

I. Spartacus Stations

II. Speed Training

Speed Drills: High knees 2x 20m, butt kicks 2x 20m, high skips 2x 20m, ladder runs 2x 20m

Exercise	Reps	Sets	Rest
40m straight sprints	3	1	90 seconds
40m change direction sprints	3	1	90 seconds

III. Skills TBD

Warm Down

5 minute easy jog

Stretches: Quadriceps, hamstrings, calves, gluteals

Saturday – Weight Strength Training: Chest, Shoulders, Back, Triceps, Biceps, Legs, Core

Warm Up 10 minutes

Exercise	Reps	Sets	Rest Between Sets
Dumbbell Bench Press	8-12	2	90 seconds
Lat Pulldown	8-12	2	90 seconds
Triceps Kickback	8-12	2	90 seconds
Dumbbell Shoulder Press	8-12	2	90 seconds
Dumbbell Bicep Curls	8-12	2	90 seconds
Barbell Squats	8-12	2	90 seconds
Multi-Directional Lunges	8-12	2	90 seconds
Calf Raises	8-12	2	90 seconds
Swiss Ball Sit Ups	15+	2	90 seconds

Warm Down

Cycle: 10 minutes easy

Stretches: chest, triceps, biceps, shoulders, back, quadriceps, hamstrings, calves

Phase 2: 4 weeks

Monday – Weight Strength Training: Chest, Back, Triceps, Core

Warm up 10 minutes

Exercise	Reps	Sets	Rest Between Sets
Dumbbell Bench Press	8-12	3	90 seconds
Incline Bench Press	8-12	3	90 seconds
Lat Pulldown	8-12	3	90 seconds
Bent Over Row	8-12	3	90 seconds
Tricep Kickbacks	8-12	3	90 seconds
Swiss Ball Sit Ups	15+	3	90 seconds
Bridging	1 minute	2	2 minutes

Warm Down

Treadmill: 10 minutes easy

Stretches: chest, triceps, shoulders, back, quadriceps, hamstrings, calves

Tuesday – Cardio: 30 minute Run

5 minute easy jog

20 minute steady run

5 minute easy jog

Wednesday – Weight Strength Training: Shoulders, Legs, Biceps, Core

Warm up 10 minutes

Exercise	Reps	Sets	Rest Between Sets
Dumbbell Shoulder Press	8-12	3	90 seconds
Lateral Dumbbell Raise	8-12	3	90 seconds
Dumbbell Bicep Curls	8-12	3	90 seconds
Barbell Squats	8-12	3	90 seconds
Multi-Directional Lunges	8-12	3	90 seconds
Calf Raises	8-12	3	90 seconds

Warm Down

Cycle: 10 minutes easy

Stretches: chest, triceps, shoulders, back, quadriceps, hamstrings, calves

Thursday – Short Interval Session

Warm Up 5 minute jog

22 to Goal Line Shuttles (50m)	10 Reps	3 Sets	90-95% Intensity	20 second rest between reps 3 minute rest between sets
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Warm Down

5 minute easy recovery jog

Stretches: quadriceps, hamstrings, calves, gluteals

Friday – Team Training

I. Spartacus Stations

II. Speed Training

Speed Drills: High knees 2x 20m, butt kicks 2x 20m, high skips 2x 20m, ladder runs 2x 20m

Exercise	Reps	Sets	Rest
40m straight sprints	3	1	90 seconds
40m change direction sprints	3	1	90 seconds

III. Skills TBD

Warm Down

5 minute easy jog

Stretches: Quadriceps, hamstrings, calves, gluteals

Saturday – Weight Strength Training: Chest, Shoulders, Back, Triceps, Biceps, Legs, Core Power Training Focus

Warm Up 10 minutes

Exercise	Reps	Sets	Rest Between Sets
Barbell Bench Press	2-4	3	3-4 minutes
Barbell Squats	2-4	3	3-4 minutes
Lat Pulldown	2-4	3	3-4 minutes
Calf Raises	2-4	2	3-4 minutes
Medicine Ball Sit Ups (& throw)	15+	2	2 minutes

Warm Down

Cycle: 10 minutes easy

Stretches: chest, triceps, biceps, shoulders, back, quadriceps, hamstrings, calves

Advanced

Week _____
 Monday:

Exercise	Set 1	Set 2	Set 3
Dumbbell Bench Press			
Incline Bench Press			
Lat Pulldown			
Bent Over Row			
Triceps Kickback			
Swiss Ball Sit Ups			
Bridging			

Cardio Tuesday: 21 min
 3 min - Jog
 15 min - Steady Run
 3 min - Jog

Wednesday:

Exercise	Set 1	Set 2	Set 3
Dumbbell Shoulder Press			
Lateral DB Raise			
DB Biceps Curl			
Barbell Squats			
Multi Directional Lunges			
Calf Raises			

Thursday:
 Warm up
 ½ Field Shuttle (100m Total) - 10 reps @ 90% intensity resting 1 min between each rep
 Cool Down

Friday

Team Training + Speed Training

Saturday:

Exercise	Set 1	Set 2	Set 3
Dumbbell Bench Press			
Lat Pulldown			
Triceps Kickback			
Dumbbell Shoulder Press			
DB Biceps Curl			
Barbell Squats			
Multi Directional Lunges			
Calf Raises			
Swiss Ball Sit Ups			