

Belmont Rugby Pre-Season Workout Program

This is the 8-week **Intermediate** workout program. It is a 4-day per week, Monday, Tuesday, Wednesday, Friday program. It was adapted from a Gyms.co.nz fitness program.

Monday – Weight Strength Training: Chest, Back, Triceps, Core
Warm up 10 minutes

Exercise	Reps	Sets	Rest Between Sets
Flat Bench Press	8-12	3	90 seconds
Incline Bench Press	8-12	3	90 seconds
Lat Pulldown	8-12	3	90 seconds
T-Bar Row	8-12	3	90 seconds
Tricep Extension	8-12	3	90 seconds
Planks	45 seconds	3	90 seconds

Warm Down

Treadmill: 10 minutes easy

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

Tuesday – Cardio: 16 minute Run

3 minute easy jog

10 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
Shoulder Press	8-12	3	90 seconds
Shrugs	8-12	3	90 seconds
Bicep Curls	8-12	3	90 seconds
Squats	8-12	3	90 seconds
Quad Extension	8-12	3	90 seconds
Swiss Ball Sit Ups	20	3	90 seconds

Warm Down

Cycle: 10 minutes easy

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

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

Intermediate

Week _____
 Monday

Exercise	Set 1	Set 2	Set 3
Flat Bench			
Incline Bench			
Lat Pull Down			
T-Bar Row			
Tricep Extension			
Plank			

Cardio Tuesday: 16 min
 3 min - Jog
 10 min - Steady Run
 3 min - Jog

Wednesday

Exercise	Set 1	Set 2	Set 3
Shoulder Press			
Shrugs			
Bicep Curls			
Squats			
Quad Extension			
Swiss Ball Sit-ups			

Friday

Team Training:
