

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

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|----------------|
| Team Training: |
|----------------|