

MCS Rugby Training Ideas

Dear Player,

Please ensure you attend the preseason rugby sessions towards the end of the holiday.

Progressions in understanding of the game, fitness and skills are only made with regular hard work.

You should therefore watch lots of rugby on television or clips on the internet & train throughout the holiday.

Knowledge of the Game

I would like all boys to complete the on-line IRB law exam and present me with their certificate at the start of term. This can be accessed on:

<http://www.irblaws.com/EN/login/>

Pre-Season Fitness & Skills Training Ideas

THE FITNESS-SUITE WILL BE OPEN EVERY TUESDAY AND THURSDAY THROUGHOUT THE HOLIDAY FROM 10.00-11.00 AM.

Boys should therefore do as much sport as possible over the holidays. Ideally sessions should last no more than one hour. Gym work is fantastic, but make the most of the outdoors: surf, cycle, run in the woods, play squash, tennis and swim. All of these are excellent ways of cross-training. Developing a high aerobic capacity (boys should do at least one 3 mile run per week, preferably not on hard road surfaces) and an excellent power: body weight ratio are crucial. Remember, **power = strength x speed.**

Train your skills regularly. We want you to return to school **a fitter, more knowledgeable and more skilled rugby athlete.** As the season approaches, sessions should replicate the game more closely. Up to now many of the boys have made full use of the fitness-suite and the training sessions on Monday and Friday after school, which have included pilates (all boys in the lower fourth and above were invited to attend!). Some of the more senior boys have been increasing their weights and reducing their repetitions to good effect. This 'periodisation' of their program will assist them greatly. As August approaches they should concentrate more on anaerobic circuit training, sprinting and game-like activities

Useful Websites are:

The RFU website:

Skills: <http://www.rfu.com/TakingPart/Play/Skills.aspx>

Fitness: <http://www.rfu.com/TakingPart/Fitness.aspx>

Fitness training: <http://www.rfu.com/TakingPart/Fitness/Training.aspx>

Nutritional guidance:

<http://www.rfu.com/TakingPart/Fitness/NutritionGuidance.aspx>

Conditioning Without Weights

- Legs: burpees, squat thrusts, short sprints/ shuttles (up hills are good)
- Core strength: pilates, fit ball exercises, abdominal crunches, the 'plank'
- Upper body: press-ups, bench dips, pull-ups
- One plyometric session per week: SAQ activities, skipping, some bounding and hopping activities. A thorough warm-up is required.
- A circuit can easily be set up in the garden, rotating the body parts worked at each station. This can be based on time (e.g. 25 seconds at each station) or on number of repetitions (e.g. 15 press-ups – 100 skips – 15 lunges – 15 dips - 15 sit-ups/crunches – 15 pull ups with heels on ground using a bar 3 feet from the floor – 30 step ups onto a one to two foot high step) .

Running Fitness is the key ingredient!

- Shuttle pyramid: you can't beat pace (cover straight lines, changes of directions & practise carrying a ball). Sprint 10 m and walk to recover – repeat x 10 - 2 mins rest - sprint 20m x 6 repetitions - 2 mins rest - sprint 40 m x 4 repetitions - 2 mins rest - sprint 50 m x 2 repetitions. Repeat in reverse if feeling fresh and fit.
- One method of improving speed is by **running on gentle downhill gradients**, which helps to promote the use of fast twitch muscle fibres.
- Fartlek (speed play) running is also great – this is based on moving at differing speeds, e.g. walk 20m – sprint 20m – jog 20m – walk 20m – sprint 20m – jog 20m. Gauge the repetitions yourself

Listen to your body & ensure **rest days** between similar sessions.

Nearer the season (August) replicate / mirror the game, i.e. reduce recovery time between sets of exercises

e.g. Sprint 10 m – 3 press-ups – sprint 10m, change direction around a cone and sprint another 10 m – 3 burpees / star jumps / sit ups – sprint 30 m.

Skills

Practise generic rugby playing skills and those fundamental to your position. Running skills with the ball, passing to both sides over varied distances and angles, kicking (box, up & under, grubber, wipers, touch) and throwing are all important. Start without pressure. **There are lots of internet sites which demonstrate good technique.** Then mirror the game by doing these when tired, e.g. at the end of a sprint session: for a hooker, do 10 press ups, 10 burpees and

then try to hit a branch on a tree 3 times in a row. Get used to pressure. Play touch rugby with family & friends on the beach.

Example Week

| Mon | Tue | Wed | Thurs | Fri | Sat | Sun |
|--|---|----------------------------------|--|------------------------|--------------------------------|-----------------------------------|
| Fartlek Sprint session & body weight anaerobic power circuit | Practice skills (active recovery) Use MCS fitness-suite | Run 3 miles / Fartlek session | Body weight anaerobic power circuit. Use MCS fitness-suite | Swim (active recovery) | Shuttle pyramid Sprint session | Practice skills (active recovery) |

Eat well – to this end I attach some dietary advice to this website.

Enjoy your holiday and return a fitter and more skilled rugby athlete !

ALL PLAYERS WILL UNDERGO FITNESS TESTS IN THE 1ST 2 WEEKS OF THE TERM, BUT THE REAL TEST WILL BE HOW THEY PLAY.

MP 28.6.10