

SUISSE
RUGBY

— FSR —



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Post-Lockdown Strength & Conditioning Programme for Adult Rugby

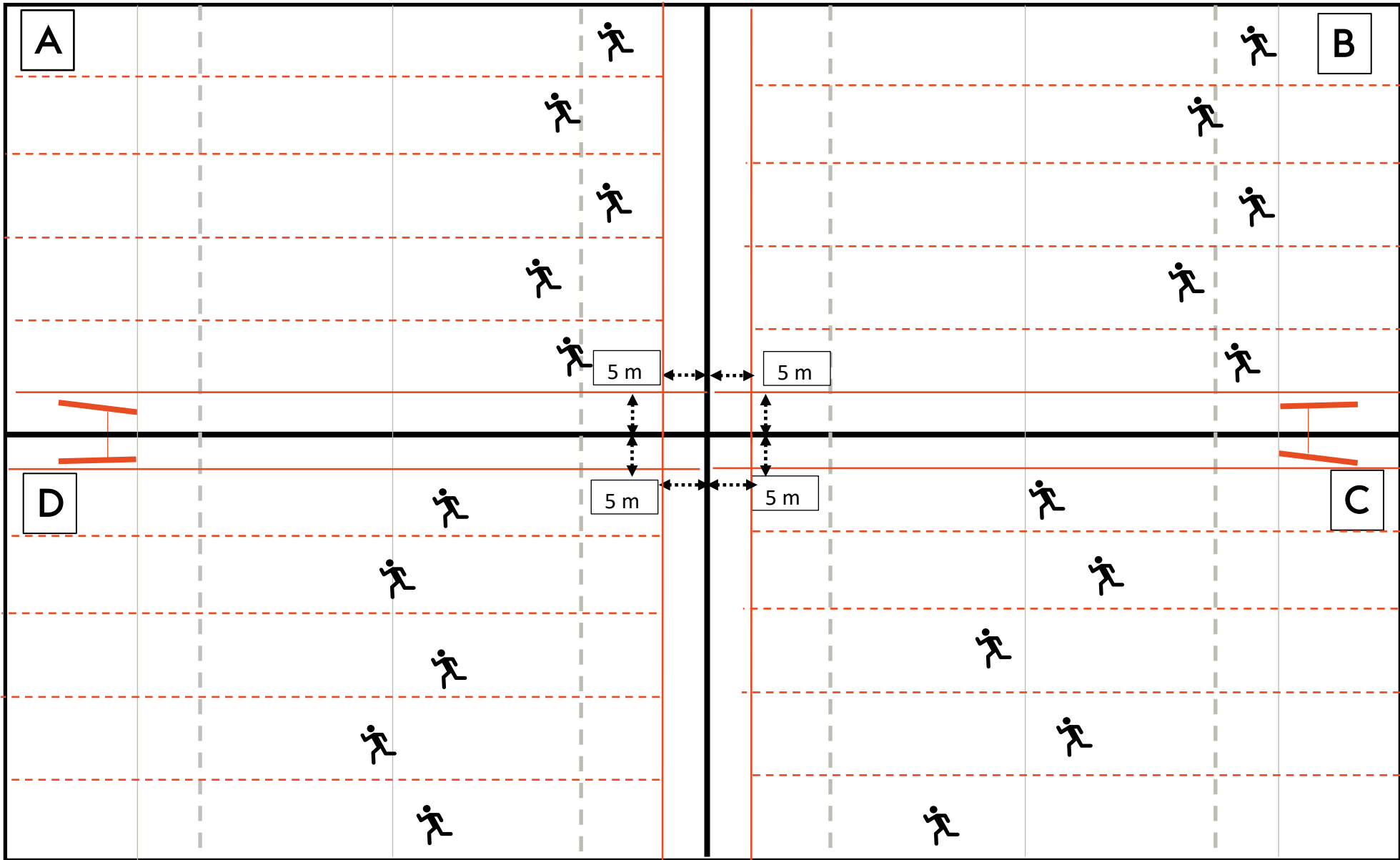
Strength & Conditioning Programme for Adult Rugby

Each session consists of the following elements:

1. General warm-up
2. Athletic ranges (running)
3. Speed
4. Technical skills (ball in hand)
5. Muscle Strength
6. Conditioning
7. Stretching



Set-up of the Pitch



Progress of Strength & Conditioning Sessions



	Week 1	Week 2	Week 3	Week 4
Time total	40'	50'	60'	60'
General warm-up	10'	10'	10'	10'
Athletic ranges	10'	5'	5'	5'
Speed	-	5'	10'	10'
Technical skills	15'	15'	15'	15'
Muscle Strength	-	5'	10'	10'
Conditioning	-	5'	10'	10'
Stretching	5'	5'	5-10'	5-10'

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Session Details: General Warm- up (10 min)

- Jogging 2-3 minutes with ball in hand
- [Supine Knee Rock](#) - 1x 10/side
- [Supine Lateral Leg Swing](#) - 1x 10/ side
- [Tuck Roll To Straddle](#) 1x 10/ side
- [90/90 Hip Stretch](#) - 1x 20-30 seconds/side
- [Hip CARs](#) - 1-2x 5/ side (slow)
- [Thread The Needle](#) - 1x 8/ side (slow)
- [Shoulder CARs](#) - 1-2x 5/ side (slow)
- [Supine Squat Hold](#) - 1-2x 10-15 seconds
- [Runners Lunge](#) 1-2x 5/ side
- Jogging 2-3 minutes with ball in hand



Session Details: Athletic Ranges (5-10 min)

- Week 1 (3x each for 10-15 meters, walking back)
 - [A March](#)
 - [Ankle Dribble](#)
 - [Butt Kick](#)
 - [Straight Leg Bound](#)
 - [Lateral Shuffle \(Low Hips\)](#)
 - [Zig Zag Bound](#)
 - [Boom](#)
 - [Running A](#)
- Week 2 (2x each for 10-15 meters, walking back)
 - *See week 1*
- Week 3 (1-2x each for 10-15 meters, walking back)
 - [A March](#)
 - [Ankle Dribble](#)
 - [Butt Kick](#)
 - [Straight Leg Bound](#)
 - [A-Skip](#)
 - [Lateral Shuffle \(Low Hips\)](#)
 - [Zig Zag Bound](#) (without breaks - continuous motion)
 - [Boom Boom](#)
 - [Running A](#)
 - [A Snap Skip](#)
- Week 4 (1-2x each for 10-15 meters, walking back)
 - *See week 3*



Session Details: Speed (5-10 min)

For all sprints, standing start with various starting positions (knee, lying down, back, etc...).

Respect resting times, on the spot or while walking. Include ball skills work in hand during rest periods.

- Week 2
 - 4x20m / Effort 80-85% / Rest: 60 seconds in between efforts
- Week 3
 - 3x20m / Effort 85-90% / Rest: 90 seconds in between efforts
 - 2x30m / Effort 85-90% / Rest: 120 seconds in between efforts
- Week 4
 - 2x20m / Effort 85-90% / Rest: 90 seconds in between efforts
 - 4x30m / Effort 85-95% / Rest: 120 seconds in between efforts



Session Details: Technical Skills (15 min)

Coaches can choose their favorite exercises and games for training technical skills.



Session Details: Muscle Strength (5-10 min)

Carry out each exercise in succession in circuit format. Complete 2 to 3 sets on each exercise with a 1-2-minute break between sets. Adapt to each person's level.

- [Bodyweight Squat](#) x10-15
- [Plank](#) x20-40 seconds
- [Bear Crawl Forward](#) x5-10 meters
- [Push Up](#) x8-15
- [Bodyweight Reverse Lunge](#) x8-12/side
- [Side Plank](#) x20-40 seconds/side
- [Inchworm Forward](#) x5 meters



Session Details: Conditioning (5-10 min)

Week 2:

- 8x 40m @70% speed (between 9 and 11 seconds), walking return (30 seconds)

Week 3:

- 10x 60m (40m forwards, 20m backwards) @70% speed (between 14 and 17 seconds), walking return, repos (30 seconds)

Week 4:

- 8x 80m (40m forwards, 40m backwards) @70% speed (between 20 and 25 seconds), break (40 seconds)



Session Details: Stretching (5-10 min)

Coaches can choose their favorite exercises for stretching, or find stretch routines here:

<https://www.youtube.com/watch?v=JbOfqilXmek&feature=youtu.be>



Questions?

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