

SIX WEEK PRE-SEASON TRAINING PROGRAM

Courtesy of Dr. J

This program is adapted from a number of plyometric/fitness programs I've done, all of which have worked pretty well. As with any workout routine, you get out what you put in. The program starts out easier (as I assume most of you are soft and out of shape), and increases in difficulty as the weeks go along. If you find yourself needing more, just add more, i.e., more reps to the plyometric portion or more running. However, do not go overboard on the plyometric portion, performing more than 200 "foot touches" (adding all reps and sets together) can actually fatigue the muscles and lead to decreased results.

This training program only requires two days a week of commitment with a third day of long slow distance running (LSD). Allow at least 48 hours in between plyometric days for recovery. On off days you can pursue other training modalities like weight lifting or even pull/push a car or two.

I recommend setting a baseline to monitor your progress. Time yourself in the 40 meter, shuttle-run, or both; before you start the program, and then when you finish. If you have any questions regarding the program, especially, if you need clarification on an exercise or a task, feel free to give me a call, **915-9353**. Refer to the descriptions of exercises listed at the end of this program.

Good Luck!!!

Week One:

Day one:

Plyometrics: Power hops 3 x 10, Tuck jumps 3 x 10, Horizontal jumps 3 x 10 (total of 90 foot touches)

Running: 4 x 40m full (30 s rest in between sets), 4 x 100m fast (1 min rest), 4 x 50m lateral shuffle (30 s rest), 2 ladders fast (2 min rest)

Day two:

Plyometrics: Repeat day one

Running: Fartleks (I didn't make the name up. It's Scandinavian for speed play). 20 min.

Week Two:

Day one:

Plyometrics: Power hops 3 x 10, Tuck jumps 3 x 10, Horizontal jumps 3 x 10, Lateral jump over barrier 2 x 15

Running: Repeat week one day one.

Day two:

Plyometrics: Repeat day one

Running: Fartleks 20 min.

Week Three:

Day one:

Plyometrics: Same as week two

Running: 6 x 40m full (30 s rest), 6 x 100m fast (1 min rest), 4 x 50 m lateral shuffle (30 s rest), 3 ladders (2 min rest)

Day two:

Plyometrics: Same as week two.

Running: Fartlek 25 minutes.

Week Four:

Day one:

Plyometrics: Power hops 2 x 15, Tuck jumps 2 x 15, Horizontal jumps 2 x 15, Lateral jump over barrier 2 x 15, Single leg bounding 4 x 5 (each leg)

Running: Same as week three day one.

Day two:

Plyometrics: Repeat day one

Running: Fartlek 25 minutes.

Week Five:

Day one:

Plyometrics: Power hops 2 x 15, Tuck jumps 2 x 15, Horizontal jumps 2 x 15, Lateral jump over barrier 2 x 15, Single leg bounding 4 x 7 (each leg)

Running: 6 x 40 m sprint (30 s rest), 6 x 100 (1 min rest), 4 x 50m lateral shuffle (30 s rest), Shuttle run x 4 (30s rest), 4 ladders (2 min rest)

Day two:

Plyometrics: Repeat day one

Running: Fartlek 30 minutes

Week Six:

Repeat week five for both days.

LSD (Long slow distance)/jogging:

LSD alone will not get you fit enough to play rugby! It is useful, though, to build a good aerobic base upon which all other training is based. Once a week run continuously for 3-5 miles. Your goal at the end of the 6 week session is to achieve a pace that averages a 6 minute mile.

Description of exercises:

Plyometrics require a complete warm-up (high knee marching, stretching, skipping, lunging, i.e., dynamic warm-up). All plyometric exercises need to be done as quickly as possible. When performing, minimize contact with the ground to the least amount of time possible. The goal is to load the muscles for a fraction of a second, causing them to

stretch and store energy. This energy is then used as the muscle starts to contract to take off again. This produces more force than would normally be produced if the muscle was not first stretched. This “overworking” requires a longer recovery time between sets to allow the muscle to recover. A good guideline is a 1:5 to 1:10 ratio of work to rest. For example if it takes you 20 seconds to complete 10 power hops your rest period would be 100 to 200 seconds before doing your next set.

Power hops: Hands placed behind the head, squat and perform an explosive double leg hops. As soon as you land, dip into a squat position and repeat. Done in place.

Tuck jumps: Use a double arm action, jumping in place while tucking knees into chest with each jump.

Horizontal jumps: Double leg hops in a horizontal direction, jumping as far forward that allows you to continue leaping without losing balance. Start short early on in program and increase distance as you develop.

Lateral jump over barrier: Two legged lateral hop over some sort object (between 6 and 18 inches in height).

Single leg bounding: Same as horizontal jump, but on one leg.

Full = sprint

Fast = 75% of maximum effort

Fartlekking: Use a High School or College track. Starting at the middle of one straightaway, jog to the middle of the first turn. Sprint through the rest of the turn and jog to the middle of the straightaway. At this point an exercise is performed (10 jumping jacks, 10 pushups, 10 star jumps, or 10 sit-ups, rotating through). Following the exercise the jog-sprint-jog is continued to the next straightaway and exercise.

Ladders: 50 meter. Run 10 m, then back to start, then to 20 m, then back to start, add 10 m until at 50 m then decrease 10 until done. For example: 10, start, 20, start, 30, start, 40, start, 50, start, 40, start, 30, start 20, start, 10, start.

Lateral shuffle: Sideways shuffle. Feet do not cross over. If doing 4 reps do 2 to the left, and 2 to the right.

Shuttle run: Start at center and sprint 15 m in one direction, touch the ground, sprint back 30 m, touch ground, then sprint back 15 m to start.

