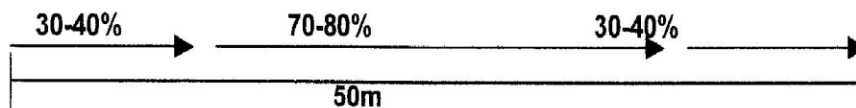




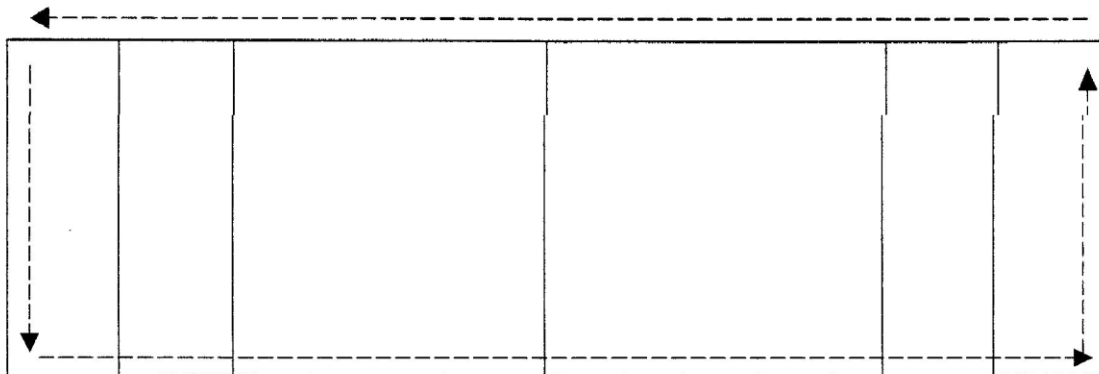
SESSIE 1

Warm Op 10-15 min

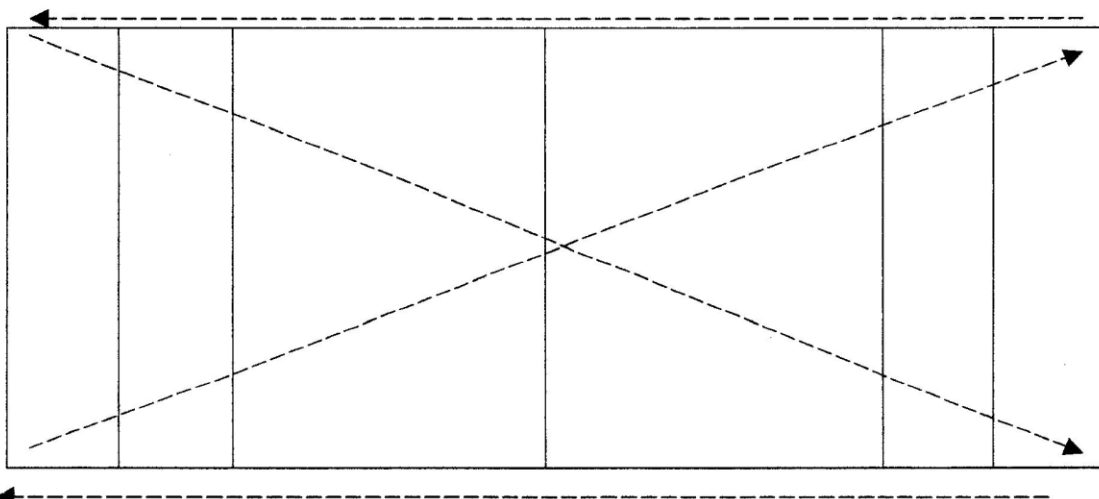
- Stadige Shuttles (Slide van kant tot kant, Hoe kniee, butt kicks)
- Strek (*Onthou dinamiese strek werk*)
- Versnellings hardlope: Begin 40% bou op na 70-80% en stadiger na 40% doen dit oor 50m



- **Dynamic Stretching**
- **EXERCISE 1:** jogging the length of the rugby field (40% of max) and sprinting (70% of max) the width of the field at the dead ball line. **FOUR REPETITIONS WITH 1 MIN REST BETWEEN EACH REPETITION AND 2 MIN BEFORE BEGINNING EXERCISE 2.**

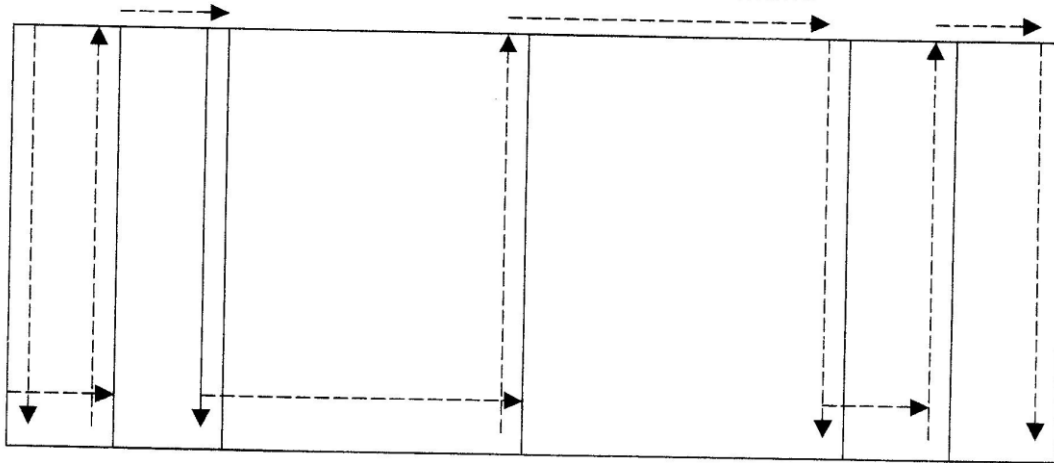


- **EXERCISE 2:** jogging the length of the rugby field (40%) and sprinting diagonally across the field from corner flag to the other corner flag (70%). **4 REPETITIONS WITH 1 MIN REST BETWEEN EACH REPETITION AND 3 MIN REST PRIOR TO STARTING EXERCISE 3. Four reps means you will be completing 8 diagonal sprints**



SESSIE 1

- **EXERCISE 3:** alternate sprint/jog along the widths of the rugby field. Start at the corner flag jogging (40%) along the dead ball line. Slow jog/walk along the length of the dead ball area. Sprint (70%) along the try line in the direction of the other side of the field. Carry on like this until you reach the other dead ball line (leaving out the 10m lines).
- **2 REPETITIONS WITH 1MIN REST BETWEEN REPETITIONS**



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SESSIE 2

Sessie 2 bestaan uit 'n kombinasie van roei, fietsry en die staimaster.

Voltooi die roei gevolg deur fietsry en maak klaar met staimaster. Daar word 'n 5 min rus tussen die sessies toegelaat.

SECTION A ROWING

2 MIN WARM UP

10 X 30 SEC INTERVALS (1:50 SPLIT) WITH 20 SEC REST BETWEEN EACH

5MIN BREAK

SECTION B CYCLING

DURATION	Rpm/level
MINUTE 1 - 5	WARM UP: >80/4
30 Sec	>90/16
30 Sec	>80/4
30 Sec	>90/16
30 Sec	>80/4
30 Sec	>90/16
30 Sec	>80/4
30 Sec	>90/16
30 Sec	>80/4
30 Sec	>90/16
30 Sec	>80/4
30 Sec	>90/16
30 Sec	>80/4
30 Sec	>90/16
30 Sec	>80/4
MINUTE 12-13	>80/4
MINUTE 14-15	>100/10

5MIN BREAK

SECTION C STAIRMASTER/STEPPER

MINUTE 1 – 5: level 4 (EASY) (WARM UP)
MINUTE 6: level 14 (HARD)
MINUTE 7: level 4 (EASY)
MINUTE 8: level 14 (HARD)
MINUTE 9: EASY
MINUTE 10: HARD
MINUTE 11: EASY
MINUTE 12: HARD
MINUTE 13: EASY
MINUTE 14: HARD
MINUTE 15: EASY

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SESSIE 3

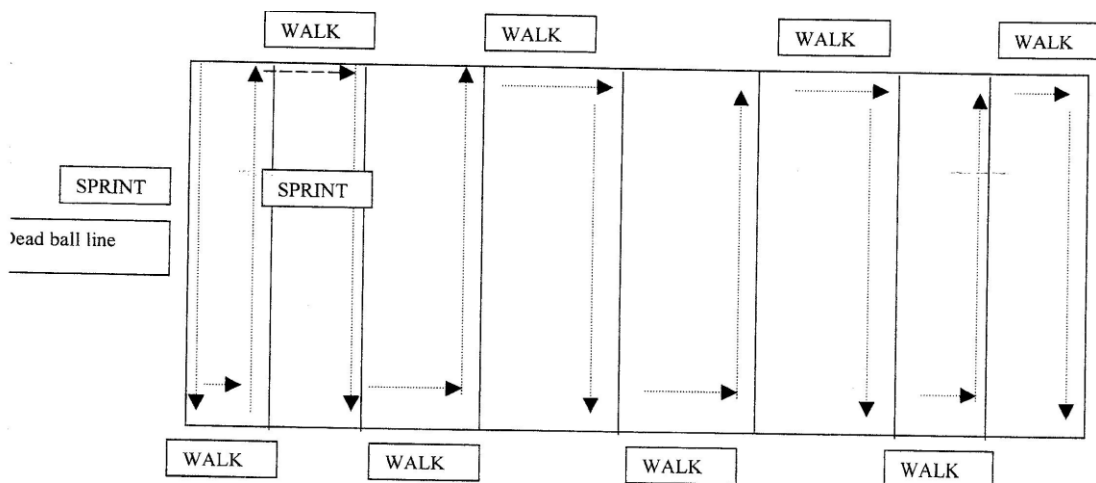
10 min opwarm met deur lope oor 40m. Bou op van 40-80% spoed.

Dinamiese strek werk.

Oefening:

Begin in die hoek vlag op die dood lyn. Hardloop teen 90% na oorkantste kantlyn. As jy die kantlyn bereik loop dan stadig na die doellyn('n SPELER HET 20sek RUS TUSSEN ELKE SPRINT), hardloop weer teen 90% na oorkantste kantlyn, gaan so aan tot op ander doodlyn. Die speler het 'n spesefieke tyd om die sprint klaar te maak, sien onderaan vir jou posisie.

- Voltooi 3 stelde met 3min rus tussen elke stel van 9 sprints, so daar sal dus 27 sprints voltooi word.



Sprint time required for each sprint

- Props 14 sec
- Locks 13
- Looseforwards 12
- Hookers 13
- SH, FH and centers 10
- Fullbacks and wings 10

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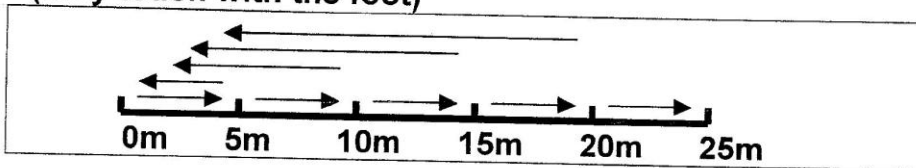
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SESSIE 4

A) Warm up

- I. Slow shuttles
- II. 1 x 10 (side to side, kick feet up backwards, high knees)
- III. Stretch routine

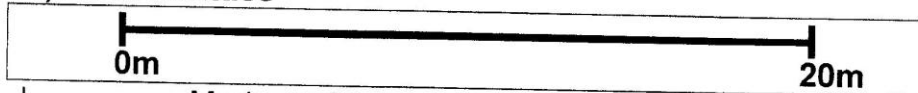
B) 5 m shuttles (only touch with the foot)



- I. Mark out 5 m intervals starting at 0 m and going to 25 m.
- II. Run at 90 % of full pace from the 0 m mark to the 5 m mark, and back, then to the 10 m mark and then back to the 0 m mark. Continue this scheme till you reach the 25 m mark. Touch each mark with the foot only.
- III. You should reach the 25 m mark within 35 –40 seconds on the first rep and then **rest for 40 secs** before starting the next rep.
- IV. Week 1 (2 sets of the 5m shuttles with 40sec rest)
- V. Week 2-4 (3 sets of the 5m shuttles with 40 sec rest between each

REST FOR 2MIN THEN START SECTION C

C) 20 m shuttles



- I. Mark out 20 m
- II. Run ten 20m runs back and forth in the time allocated for your position.
- III. Rest for the same amount of time

Week1 (4 sets of 20m shuttles)

Week2-4 (6 sets of 20m shuttles)

time required for each set of 20m shuttles

- Props 55 sec
- Locks 50
- Looseforwards 48
- Hookers 50
- SH, FH and centers 45
- Fullbacks and wings 45

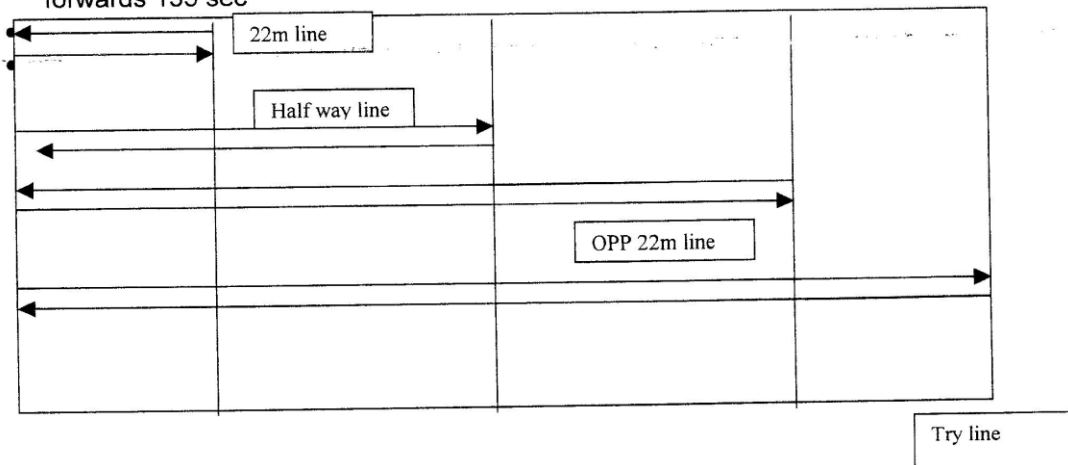
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SESSIE 5

- 10 MIN WARM UP WITH RUN THROUGHES OVER 40M, BUILDING UP FROM 40-80% PACE.
- Run at 80% pace from the try line to the 22m line and back, then to the halfway line and back, then to the opposite 22 and back and lastly to the opposite try line and back. The distance completed is 500m
- Your time for the first 500m should be 95 sec for Backs and loose forwards/ Tight forwards 125 sec
- Rest for 4min
- Repeat with a time of 95 sec for Backs and loose forwards/ Tight forwards 125 sec
- Rest for 6 min
- Repeat with a time of 105 sec for Backs and loose forwards/ Tight forwards 135 sec



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