

OSHKOSH YOUTH RUGBY



Workout Guide

Block 1, 3 Weeks

Instructions:

Start at a level for week 1, then move up to the next level for each subsequent week.

Push yourself. Add weights to some exercises to add difficulty.

THIS IS A MINIMUM

Do more, Be better

If you have a chance to work on different kicks, please do so.
(Drop Kick, Up and Under, Box Kick, Grubber, Chip and Chase)

The following guide may require modifications, please adjust items as needed; remove weights, etc.

Higher levels are more difficult, start at a level you believe pushes you. If you need more, either create a 4th level, or do level 3, then level 2, then level 1 in circuit for a complete workout. Adjust levels "exercise to exercise" if you have a strong core/arms/legs, so you push yourself.

Google the workouts you don't know.

BLOCK 1 - 3 Weeks, March 30th to April 18th



Warm-up

5-10 Minutes of Progressive Cardio

Start easy, increase intensity gradually so that, by the end, you are warm and slightly out of breath. Good Choices include **Running, Rowing, and Jump Roping.**

Joint Mobility Exercises

10-15 reps of these exercises:

Neck Rolls

Shoulder Shrugs

Arm Circles

Waist Twists

Side Bends

High Knee Marching

Squats

Lunges

Lat Stretches - ([youtube.com/watch?v=3aRpAO6bfvA](https://www.youtube.com/watch?v=3aRpAO6bfvA))

Dynamic Stretches

10-15 reps of the following exercises:

Forward Straight Leg Kicks - "Frankenstein"

Hip Hinge with Hands on Head - "Prisoner Good Mornings"

Standing Chest Press and Row

Hamstring Wall Stretch

Lunge with Twist

Push Ups

Climbers

Foam Rolling

Foam roll areas you feel need extra attention including; Use Tennis ball in place of roller:

Outer Thigh - Iliotibial Band

Hamstrings

Quadriceps

Calves

Thoracic Spine

Lats

BLOCK 1 - 3 Weeks, March 30th to April 18th

WEEKLY



Monday - Full body Strength Training

- Warm-up and Stretches
- Exercise 1 - Feet on Bench/Chair/Sofa Push ups

Level 1 - 2 x 15 reps

Level 2 - 3 x 20 reps

Level 3 - 4 x 25 reps

- Exercise 2 - Door Frame Single Arm Pull/Row

Level 1 - 5 x 6 reps each arm

Level 2 - 6 x 8 reps each arm

Level 3 - 7 x 8 reps each arm

- Exercise 3 - Bench Tricep Dips

Level 1 - 2 x 8 reps

Level 2 - 3 x 8 reps

Level 3 - 4 x 12 reps

- Exercise 4 - Spiderman Push-ups

Level 1 - 2 x 5 reps each side

Level 2 - 3 x 6 reps each side

Level 3 - 4 x 8 reps each side

- Exercise 5 - Plank Series - Front -> Left -> Right -> Front, 60 secs between sets

Level 1 - 2 x 30 secs/15s/15s/30s

Level 2 - 3 x 45 secs/20s/20s/45s

Level 3 - 5 x 45 secs/20s/20s/45s

- Finish - Metabolic Finisher

Tuesday - Conditioning and Solo Handling Drills

- Warm-up and Stretches, then follow "Pitch Running" or "Road Running" Sessions
- Solo Handling Drills - [youtube.com/watch?v=wlmnajilcTA](https://www.youtube.com/watch?v=wlmnajilcTA)

Wednesday - Full Body Strength Training

- Warm-up and Stretches
- Exercise 1 - Feet on Bench/Chair/Sofa Push ups

Level 1 - 3 x 8 reps

Level 2 - 4 x 10 reps

Level 3 - 5 x 12 reps

- Exercise 2 - Squat and Hold

Level 1 - 10 x 5 sec hold

Level 2 - 20 x 5 sec hold

Level 3 - 20 x 10 sec hold

- Exercise 3 - Single Leg Squat

Level 1 - 2 x 8 reps

Level 2 - 3 x 8 reps

Level 3 - 4 x 12 reps

- Exercise 4 - Burpees

Level 1 - 2 x 15 reps

Level 2 - 3 x 25 reps

Level 3 - 4 x 35 reps

- Exercise 5 - Superman and Glute Bridge

Level 1 - 15 x 5 secs hold each

Level 2 - 20 x 5 secs hold each

Level 3 - 25 x 5 secs hold each

- Finish - Metabolic Finisher

Thursday - Conditioning and Skills

Same as Tuesday, Opposite Running Session

Friday - Full Body Strength Training

Same Workout as Monday

Saturday - Conditioning and Skills

Same as Tuesday

Sunday - Warm-up and Stretches, Rest

BLOCK 1 - 3 Weeks, March 30th to April 18th



Pitch Running

Warm-up: 10mins of Jogging & Stretching. Finish with the following								
1 x 40m at 50% max pace.			1 x 40m at 60% max pace.			2 x 40m at 70% max pace		
All walk back recovery								
LEVEL 1: SET 1			LEVEL 2: SET 1			LEVEL 3: SET 1		
Running	Rest	Reps	Running	Rest	Reps	Running	Rest	Reps
Start on try line, run 22m to the 22m line	Turn and walk back to try line slowly	4	Start on try line, run 22m to the 22m line and back at 60% max pace	30 Seconds	6	Start on try line, run 22m to the 22m line and back at 70% max pace	30 Seconds	8
TAKE 90 SECONDS REST								
LEVEL 1: SET 2			LEVEL 2: SET 2			LEVEL 3: SET 2		
Running	Rest	Reps	Running	Rest	Reps	Running	Rest	Reps
Start on try line, run 40m to the 10m line just before the halfway at 60% max pace	Turn and walk back to try line slowly	4	Start on try line, run 40m and back at 60% max pace	60 Seconds	6	Start on try line, run 40m and back at 70% max pace	45 Seconds	8
TAKE 90 SECONDS REST								
LEVEL 1: SET 3			LEVEL 2: SET 3			LEVEL 3: SET 3		
Running	Rest	Reps	Running	Rest	Reps	Running	Rest	Reps
Start on try line, run 60m to the 10m line just AFTER the halfway at 60% max pace	Turn and walk back to try line slowly	4	Start on try line, run 60m to the 10m line after the halfway and back at 60% max pace	90 Seconds	6	Start on try line, run 60m to the 10m line after the halfway and back at 70% max pace	60 Seconds	8
Walk from Try line to Try line and Back as a Cool Down								

BLOCK 1 - 3 Weeks, March 30th to April 18th



Road Running

OUT AND BACK RUN				
WARM-UP: 5 mins of light jogging. Finish with stretching of calves, hamstrings, and quadriceps and 2 x 10 seconds efforts at 70% of Max				
Run out for a set time at a comfortable pace. When completed, return to the starting position aiming to beat you "out" time. Can be carried out in intervals or as a single out and back run. Take a note of where you start and get to so you can note your individual progression.				
OPTION 1: INTERVAL OUT AND BACK				
REPS	REST	TIME		
2	3 mins	Level 1 - 4 mins	Level 2 - 6 mins	Level 3 - 8 mins
OPTION 2: SINGLE OUT AND BACK				
REPS	REST	TIME		
2	3 mins	Level 1 - 10 mins	Level 2 - 14 mins	Level 3 - 18 mins

FARTLEK RUN		
WARM-UP: 5 mins of light jogging. Finish with stretching of calves, hamstrings, and quadriceps and 2 x 10 seconds efforts at 70% of Max		
Vary your speed of running between: Walk, Easy Jog, Hard Run		
WORK TIME		
Level 1	Level 2	Level 3
Walk 30 Seconds, Jog 30 Seconds	Walk 30 Seconds, Jog 20 Seconds, Hard Run 10 seconds	Walk 20 seconds, Jog 20 seconds, Hard Run, 20 Seconds
REPS		
Level 1	Level 2	Level 3
10	14	18

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Metabolic Finisher

A metabolic finisher is a series of high intense exercises performed at the end of a strength session. Its purpose is to increase work capacity, accelerate fat loss and enhance conditioning only taking 3-4 minutes to perform.

WARM-UP: 5 mins of light biking/jogging. Finish with stretching of calves, hamstrings and quadriceps and 2 x 10 seconds efforts at 80% of max

REPETITION FOCUSED

Level	Exercise	Time	Sets
Level 1	Goblet Squats, Star Jumps, Lunges	10 Seconds on each exercise	3-4
Level 2	Total Body Extension, Star Jumps, Mountain Climbers	15 Seconds on each exercise	3-4
Level 3	Burpees, Mountain Climbers, Squat into Squat Jump	20 Seconds on each exercise	3-4

Rest 20 seconds after each circuit

TIME FOCUSED

Level	Exercise	Reps	Sets
Level 1	Goblet Squats, Star Jumps, Lunges	8 reps on each exercise	3-4
Level 2	Total Body Extension, Star Jumps, Mountain Climbers	8 reps on each exercise	3-4
Level 3	Burpees, Mountain Climbers, Squat into Squat Jump	8 reps on each exercise	3-4

For both repetition or time focused, performing all 3 exercises for the allocated time would be 1 set. After the 20 seconds rest go straight into starting another set.

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Solo Handling Drill

Exercise 1 - Around Head

Level 1 - 1 x 20 reps each way

Level 2 - 2 x 20 reps each way

Level 3 - 2 x 40 reps each way

Exercise 2 - Around Body

Level 1 - 1 x 20 reps each way

Level 2 - 2 x 20 reps each way

Level 3 - 2 x 40 reps each way

Exercise 3 - Around Leg

Level 1 - 1 x 20 reps each leg

Level 2 - 2 x 20 reps each leg

Level 3 - 2 x 40 reps each leg

Exercise 4 - Switch Hands

Level 1 - 2 x 15 reps

Level 2 - 3 x 15 reps

Level 3 - 4 x 15 reps

Exercise 5 - Single Hand Yo-Yo

Level 1 - 2 x 15 reps each hand

Level 2 - 3 x 15 reps each hand

Level 3 - 4 x 15 reps each hand

Exercise 6 - Hand to Hand Yo-Yo

Level 1 - 1 x 20 reps

Level 2 - 2 x 20 reps

Level 3 - 2 x 40 reps

Exercise 7 - Pop-up Yo-Yo

Level 1 - 2 x 15 reps each hand

Level 2 - 3 x 15 reps each hand

Level 3 - 4 x 15 reps each hand

Exercise 8 - Random Grips

Level 1 - 2 x 15 reps each hand

Level 2 - 3 x 15 reps each hand

Level 3 - 4 x 15 reps each hand

Exercise 9 - Single Hand Bounce (Low and High)

Level 1 - 2 x 15 reps each hand

Level 2 - 3 x 15 reps each hand

Level 3 - 4 x 15 reps each hand

Exercise 10 - Square Flat Pass

Level 1 - 2 x 15 reps each side

Level 2 - 3 x 15 reps each side

Level 3 - 4 x 15 reps each side

Exercise 11 - Lateral Flat Pass

Level 1 - 2 x 15 reps each side

Level 2 - 3 x 15 reps each side

Level 3 - 4 x 15 reps each side

Exercise 12 - One Hand Push

Level 1 - 2 x 15 reps each side

Level 2 - 3 x 15 reps each side

Level 3 - 4 x 15 reps each side

Exercise 13 - One Hand Push, Guide Hand out

Level 1 - 2 x 15 reps each side

Level 2 - 3 x 15 reps each side

Level 3 - 4 x 15 reps each side

Exercise 14 - Square Push Pass

Level 1 - 2 x 15 reps each side

Level 2 - 3 x 15 reps each side

Level 3 - 4 x 15 reps each side

Exercise 15 - Square Kneeling Floor Pass

Level 1 - 2 x 15 reps each side

Level 2 - 3 x 15 reps each side

Level 3 - 4 x 15 reps each side

Exercise 16 - Lateral Kneeling Floor Pass

Level 1 - 2 x 15 reps each side

Level 2 - 3 x 15 reps each side

Level 3 - 4 x 15 reps each side

Exercise 17 - Kneeling Cross Under Pass

Level 1 - 2 x 15 reps each side

Level 2 - 3 x 15 reps each side

Level 3 - 4 x 15 reps each side