



SARACENS
Aurora Rugby

INDIVIDUAL WORKOUTS

Everybody wants to win on game days. It's what you do at practice and the "off" days that will make the difference !

Conditioning/Fitness

Conditioning/Fitness and Heart are what wins Rugby games !

1. People that want to be exceptional will do more, but at a **minimum**, we can all do a few 30 minute workouts per week. Workouts on the following page all fit into that time frame.
2. Ideally, counting practice and games, you should be getting in 5-6 running workouts per week. So if we have 2 practices and one game in a week, you should do 2-3 independent workouts. Even if you can only get one workout in, it will be a **huge** benefit to you and your Team. Do it with your friends if you like.
3. Strength training and running are both important, but if your time is limited, do more strength training in the off season, and more running leading up to and during the schedule.

Individual Rugby Skills

- Team Practice Time needs to be devoted to mostly 'Team Skills'. Get out on your own and work on your 'Individual Skills'.
- Whether it's Kicking, Line-Out Throws; Grub-Kicking; Goal-Kicking; Scrum Half Passes, or just Regular Passing and Ball-Handling, get out there on your own or with a friend and get better !!

What you do in these sessions can take your play and the team's to where we'd all like to be.

Do you want to be just 'good' or 'great'? It's up to you !

SARACEN RUGBY— Heart, Fitness, Teamwork



THIRTY MINUTE WORKOUTS

Any of the following workouts done a few times a week will take you and the team a ***long*** way towards getting better as an individual and as a team. ***High Intensity Intervals are the Key!*** This means for every interval of 'work', you should get about one to two intervals of 'rest' Think about pairing up with a partner or creating 'workout groups' with your friends.

1. 'Track Intervals'. Sprint the straights and jog (walk a bit if you have to) the curves for 4 laps. Then sprint half the track and jog half for 4 laps. Then do one lap at full speed.
2. The 'Track Intervals' can be simulated in a park or in your neighborhood. Sprint 15 seconds, jog 30-45 seconds-repeat 8 times. Sprint 40 seconds, jog a minute to a minute and a half. Repeat 8 times. Sprint 90 seconds.
3. Add in short 10-40 yard sprints with the same '1 interval of work' to '1 or 2 intervals of rest' pace.
4. With a workout partner or two, do 'random intervals'. The first guy runs as far or short as he wants—then walks/jogs. Then the next guy runs until he catches up to him. Then the next guy (if there's a third) catches up. Then the first guy starts out again and chooses another distance. Repeat for 25 minutes.
5. Kick a ball, chase it. Repeat. Roll a ball out, chase it and pick it up, sprint. Do a 'Hooker' pass. Do a scrumhalf pass. Chase it. Etc. etc. Repeat for 30 minutes. Believe us—you can get really fit and really improve your foot speed and skills chasing a ball around the field for thirty minutes !
6. ***Plyometrics*** Power Exercises. Set up 4-6 stations around a field. Sprint from one to the next, and do some type of strength/power exercise there—Squat Thrusts, Star Jumps; Push Ups; Lunges; Jumping on to a Picnic Table, etc. etc.
7. Switch Intervals. Instead of one interval work to two rest, go one to one for about 4 minutes. Studies show one intense session of four minutes performed at a 50-50 interval, can be an effective drill to fit into your workout.
8. You guys know plenty of other drills to fit in—shuttles, relays, high-legs, striders, etc., etc. The key is intervals. Sprint, jog, sprint, jog, sprint, jog, rest, sprint, etc.,etc. Mix up the distances and the rest periods and do it for 25-30 minutes and we'll be doing great.
9. A light workout the day after a game can help healing. Just a slow jog for a mile or two to get the blood flowing.
10. Weight lifting is great too, but in the season, running is ***way*** more important. If you only have time for one or the other, ***choose running***.

Are these kind of 'simple & basic'? Yep, you're right. But that's the point. They'll accomplish 99% of what some fancy drill at a Sports Academy will do, so just do them and we'll reap the rewards !!