



G'day TEAM,

Well as we was talking in Wednesday "En la Escuela", I try to involve at all coaches & senior players in several routines, Fitness Specific and Fun Rugby Session", for maintain at all the lads' in a good shape these holidays & also ready for the week end of January 7th.

Well in these lines you can find several proposals about my first write paragraph and this ones' divided in two groups, that I show you down lines, at ever say any comments o proposal will be well received and also taken in consideration for changes about this ones:

■ **Rugby Fun Session**

We have two weeks with Rugby Fields at our provision:

1st. Week of Active Holidays 19 to 21, from 20 to 22h. PdH

2nd. Week of active Holidays, no Rugby Field, Single Player Fit Session

Alternative Field, C.D. Nuestra Señora de la Almudena

(<https://goo.gl/maps/7rdaDuAD1yw>), Track & Field in good state, open free, in the middle have a grass field, no lights, maybe an early Rugby Fun session or Fitness session that I propose.

3rd. Week Back to the business

For me understood this session how a recovery with a high demand fitness, means, the players will be monitoring for you the Coach Team, Campbell -1st. week-, Chino Encabo , Pato, Edu, Manolo, Kate & Ramón, with the girls, in several areas or games for fun, no contact but, high demand -of aerobic an anaerobic phases, I propose the next ones, but your good enough coaches with a lot of games for substitute this ones:

Touch Rugby, Kicking Games, Footy (Aussie Football)..... all, in case of fault will be penalized with No gear exercises how to learning & knowledge of concepts and rules of Rugby.

No Gear Fitness exercises: Push-ups, Pull-ups, Burpees, FLR, Mountain climbers, short Shuttle Runs (5-10-5), Texas Push-ups, Ninja Roll ups, Jumping Jacks, walk wall with push-ups, and also all your mind can use to pain.

■ **Fitness Sessions':**

Well I have planned a simple quadrant table with three no gear sessions' for the lads', this one is a single & personal for every one player, depend of them do it in single or group is his responsibility for the Team & Championship from January onwards to the end of this one, this one will be do it when the lads' can do it, means, it's not a fixed daily scheduled.

These three sessions' will be complemented with the weightlifting plan that anybody can find in the Escuela Website, S&C area.

SPEED SPECIFIC	ANAEROBIC STRENGTH SYSTEM	AEROBIC STAMINA SYSTEM
Sprints & Jumps	HARD 2 KILL	Athlete Aerobic Challenge
10 minute Run @ Easy Pace	10 minute Run @ Easy Pace	10 minute Run @ Easy Pace
Then:	Then:	Then:
Warm up with walking lunge, high knees, agility drills	Warm up with walking lunge, high knees, agility drills	Warm up with walking lunge, high knees, agility drills
Then:	Then:	Then:
5x2 Broad Jump	20' AMRAP /As Many Rounds As possible in 20'	100 Push-ups
Then:	3 Sprawls Burpee (https://youtu.be/BnvnlgahscU)	100 Air Squats
8x100m Sprint	6 Hand Release Push-Ups (https://youtu.be/kHtt49_Pljw)	10 Pull Ups / Subs: Aussie Pull ups
Rest 2 minutes between each	9 Air Squat (https://youtu.be/C_VtOYc6j5c)	One Mile Run (1600m-AFAP)
Then:	5-10-5 Pro-Agility Shuttle Run (https://youtu.be/VJF5ZEiwU4Y)	No rest between exercises, divide reps to do only, except the running mark.
3x200m Sprint	All in a Row, you put your Rest.	Then:
Rest 3-4 minutes between	Then:	Cool Down with Core & Stretching
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Well that's all folks', I hope it's enough for two volume weeks of S&C work, and back to the business in shape.

See you Saturday in game day in PdH.

If not, have a Great & Good Xmas Holidays and Happy New year.

