



Speed Specific Sessions

1.1 Introduction:

This document contains a specific preparation for Rugby 7s' CDA Team.

1.2 Plan:

Lunes	Martes	Miércoles	Jueves	Viernes	Week end
Gym 1	Speed Specific	Gym 2	Speed Specific	Free	Game day

1.3 Gym Work up:

Gym 1: 10' W'up: MOB, ROM

- 1a. Back squats – 3 sets of 5 reps, 60-90 seconds' recovery
- 1b. Box jumps – 3 sets of AMRAP, 60-90 seconds' recovery
- 2a. Bench press – 3 sets of 5 reps, 60-90 seconds' recovery
- 2b. Plyo push-ups – 3 sets of AMRAP, 60-90 seconds' recovery
- 3a. Weighted pull-ups – 3 sets of 5 reps, 60-90 seconds' recovery
- 3b. Medicine ball slams - – 3 sets of AMRAP, 60-90 seconds' recovery

Finisher: 4' Tabata superset

- Do body weights squats as fast as you can for 20", Rest 10", and then do Push-ups for 20-seconds. Rest another 10". Repeat seven more times to total 8 sets.

Stretch & Cool Down

Gym 2: 10' W'up: MOB, ROM

- 1a. Deadlifts – 3 sets of 5 reps, 60-90 seconds' recovery
- 1b. Standing long jump – 3 sets of AMRAP, 60-90 seconds' recovery
- 2a. Seated dumbbell shoulder press – 3 sets of 5 reps, 60-90 seconds' recovery
- 2b. Barbell push-press – 3 sets of AMRAP, 60-90 seconds' recovery
- 3. Single arm dead stop dumbbell rows – 3 sets of 10 reps, 60-90 seconds' recovery
- 4. Medicine ball sit-up and throw – 3 sets of AMRAP, 60-90 seconds' recovery

Finisher: 4' Tabata superset

- Jump rope as fast as you can for 20", rest 10", and then do Jumping Jacks for 20". Rest another 10". Repeat seven more times to total 8 sets.

Stretch & Cool Down

1.4 Speed Specific: During the first weeks' the sessions are similar or equals', only be different in time or distances.

Day 1 -- Speed & Stamina 25/30'

On a rugby pitch – progressively lengthening sprints

1. 4 x 30 meters falling starts – start with your feet together, hands by your sides. Lean forward and then take your first step as your body approaches 45-degrees. Walk back recovery.

2. 4 x pitch lengths – going on each minute, i.e. if it takes you 15 seconds to sprint the length of the pitch, you get 45 seconds' rest between reps.

3. 4 x triangles – run corner to corner diagonally across the pitch. Jog back along the side touchline. Walk the width of the pitch to recover, and repeat.

4. 1 x lap of pitch – run all the way around the pitch as fast as possible.
Go for it – this is your last exercise.

Day 2 -- Speed Specific 25 / 30'

On a rugby pitch – progressively lengthening sprints

1. 6 x 30 meters, walk down recovery

Rest 2-3 minutes

2. 5 x 50 meters, walk down recovery

Rest 3-4 minutes

3. 4 x 75 meters, walk down recovery

Rest 4-5 minutes

4. 3 x 100 meters, walk down recovery

Jog one lap around the pitch to cool down

After several weeks working on it, the SPEED SPECIFIC sessions will be change.

Manu TC S&C
April 16th.