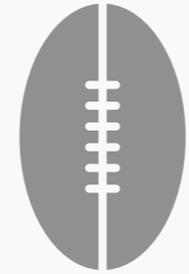


Jeremy Hickmans
NATIONAL RUGBY LEAGUE



RUGBY LEAGUE
FREE TRIAL

Professional
TRAINING PROGRAMS

Complete, sport-specific Rugby League training programs by the Pros

Brought to you by





Rugby League specific Speed, Strength, Power....

Everything you need to train for Rugby League! Our training programs include speed, strength, power & conditioning sessions designed specifically for Rugby League.

Available Instantly

All of our Rugby League training programs are digital books, available instantly worldwide!

Written by the Pros

Our training programs are designed by the Pros from the NRL, AFL, Super Rugby & other professional sports in Australia to MAXIMIZE your sporting performance.

For Athletes of All Levels

Our training programs are personalised to your level of experience so it doesn't matter if you have just started playing Rugby League or if you have been playing for years.

**Make the team, get off the bench, dominate the game in
8 weeks!**



RUGBY LEAGUE FREE TRIAL

WHAT IS INCLUDED IN YOUR TRAINING PROGRAM



TRAINING SCHEDULE



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Pre Test	Aerobic 1			Aerobic 2		
Week 2					Aerobic 2		
Week 3					Aerobic 4		
Week 4					Aerobic 6		
Week 5					Aerobic 8	Anaerobic 2	
Week 6					Aerobic 8	Anaerobic 2	
Week 7					Aerobic 8	Anaerobic 4	
Week 8					Aerobic 11	Anaerobic 4	Post Test

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The training schedule tells you what training sessions to do on what days

PRE & POST TESTS



TEST	WEEK 1 PRE TRAINING	WEEK 8 POST TRAINING
<u>Beep Test</u>		_____ level
General 12s Repeats Run as far as possible in 12s, then have 1min rest. Repeat 8 times and measure the decrement in distance		_____ decrement in meters
<u>Dragons Tail</u>		_____ seconds

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Pre and post tests allows you to measure your improvement - however it will be obvious on the field!

TRAINING SESSION



ORDER	EXERCISE	SETS	REPS	INTENSITY	REST BETWEEN SETS
1	General dynamic warm up - including hip swings and fast strides with no static stretching. Include all major muscle				
2	<u>Repeat 20m shuttle sprints</u>			100%	1min 2min after the 3rd set
3	<u>MAS Grids</u> Guidelines for grid sizes are: Backs 64m X 45m to 70m Ball Players 62m X 43m to 68m Back Row 63m X 44m to 69m Hit Ups 60m X 42m to 66m				2min
4	<u>1.2 km Time Trial</u> performed with continuous sprints to 20m, 40m then 60m				
	Guidelines for times are: Backs (5min), Ball Players (5min), Back Row (5min 10s), Hit Ups (5min)				

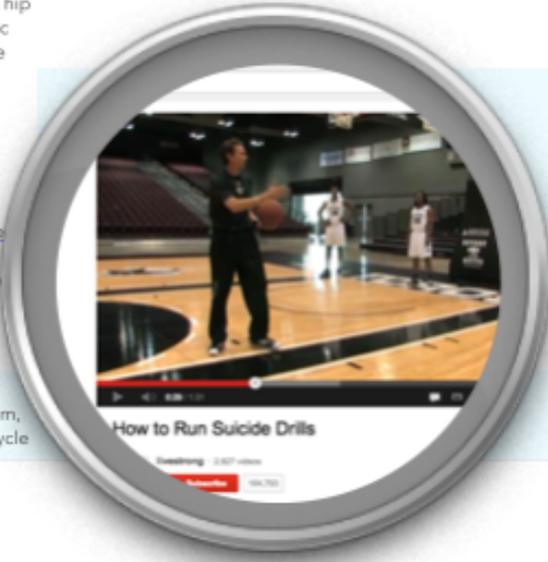
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Training sessions include the full list of exercises and the exercise prescriptions (sets, reps, intensity and other important information)

EXERCISE DEMONSTRATIONS



ORDER	EXERCISE	SETS	REPS	INTENSITY	REST BETWEEN SETS
1	General dynamic warm up - including hip swings and fast strides with no static stretching. Include all major muscle				
2	<u>Suicide Drills</u> Back 5m, 10m, 15m, 20m				90s
3	<u>Repeat 20m, 40m then 60m shuttle sprints</u> Guidelines for time per rep are below: Backs 53s to 49s Ball Players 55s to 51s Back Row 54s to 50s				2min
4	<u>Cross Training</u> non weight bearing exercise e.g. swim, row, elliptical trainer and exercise bicycle				





Jeremy Hickmans - NRL High Performance Manager

Jeremy Hickmans has been working as a professional strength & conditioning coach and high performance manager for over 10 years. Below are some of the professional Rugby League clubs that he has worked for:

- **Brisbane Broncos** (NRL) 2015-present
- **Newcastle Knights** (NRL) 2012-2014
- **St. George Illawarra Dragons** (NRL) 2008-2011 - NRL Premiers & World Club Champions
- **Brisbane Broncos** (NRL) 2006-2008 - NRL Premiers & World Club Champions

Jeremy Hickmans currently works as the Performance Director with the Newcastle Knights **managing, designing and delivering athletic performance, medical, sports science, recovery, rehabilitation and reconditioning programs for the National Rugby League squad**. Jeremy has previously worked with the St. George Illawarra Dragons, Brisbane Broncos, and the England Rugby League in the area of elite athlete preparation and rehabilitation.

Jeremy is a **Australian Strength and Conditioning Association** accredited Level 2 and Professional Coaching Structure Professional Level Coach (PSP).

Jeremy brings a wealth of successfully applied experience in elite Strength & Conditioning practices within a club and individual environment with specific reference to rehabilitation of athletes.

He also provides specific experience in the long term development, integration and application of program and systems management within the professional club setting.

This knowledge and experience has allowed Jeremy to develop a successful system to optimise athletic performance requiring an understanding of the numerous challenges encountered in an elite training environment and an **integrated approach to the application of best practices across all facets of athletic preparation**.

Rugby League Fitness & Conditioning Sessions

Aerobic training addresses the foundation of any conditioning program - maximal oxygen uptake. Aerobic capacity represents the individual's ability to generate energy through the use of oxygen. For the Rugby League athlete, it is particularly important to aid recovery between bouts of exercise and to allow the athlete to maintain a high level of intensity over the full 80 minutes.

Anaerobic training addresses the athlete's ability to recover from repeat high intensity exercise and to allow for efficient removal of the waste products associated with anaerobic energy production such as lactic acid. The anaerobic system promotes the development of the strong, powerful athletic movements essential for success at the highest level.

Together these sessions provide a progressive approach to the development of Rugby League specific conditioning. Each week is designed to build on the previous allowing the athlete to progress through increasing intensities and complexities of exercise in order to develop a sound, robust foundation essential for the game of Rugby League. This type of fitness is often the difference between making, breaking or missing the tackle at critical points in the game.

Rugby League Speed & Agility Sessions

Speed training addresses the athlete's ability to perform repeat high speed movements in a safe and optimal manner. In any team sport, it is often said that there is no substitute for speed - these programs, alongside the development of functional and absolute strength, allow this to be a strength rather than a weakness!

These sessions provide a progressive approach to the development of Rugby League specific speed and agility, starting from the development of general speed technique, functional mobility and postural strength to the development of the multi directional acceleration qualities essential to the modern game of Rugby League. All facets of speed development are addressed, including increasing contact speed, plyometric advancement and speed endurance qualities.

Rugby League Strength & Power Sessions

As with any weight training program, it is imperative to support both strength and power development with a comprehensive injury prevention and functional development program. Functional development programs complement the gains made in the strength programs by addressing the quality and range of movement that allows all movements to be performed in a safe and productive manner.

The first 4 week strength sessions provide a foundation for the strength accumulation progressions to be encountered within subsequent strength phases through pre season 2, pre competition and in season cycles. The power sessions at this time address initial technical preparation for Olympic Lifting training protocols as well as further accumulating the strength required for participation in Rugby League. Lifts and loads are designed to concentrate on speed and quality of movement rather than high load.

In the second 4 week block, the strength program further progresses the strength accumulation attained within the initial strength phase, increasing the intensity and complexity of lifts accordingly. Reps are further decreased with set progressions and loading parameters again provided over a 4 week period. The power sessions supplement the strength gains as well as introducing increased speed of movement preceding top end power development through explosive concentric phases.

Rugby League Recovery & Flexibility Sessions

In order to perform day after day, week after week it is imperative that the athlete has sufficient, optimal recovery and regeneration strategies in place. If this is not in place then overtraining may occur leading to the increased likelihood of injury and illness as well as decreased performance levels.

If training is followed by sufficient recovery then a state of 'supercompensation' is reached where physical capacity is increased. If this is performed over a period of time, the adaptations to exercise are positive. However, if there is insufficient recovery then performance levels and capacities drop, leading ultimately to overtraining, injury and illness.

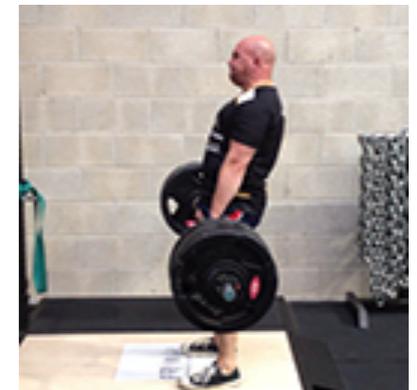


MICHAEL WEYMAN - NRL & NSW Origin Rugby League

Jeremy Hickmans from Pro Training Programs has worked as the high performance manager for two of the most successful sides in the NRL over the past decade (Brisbane Broncos & St George Illawarra Dragons) and he brings all that experience to his training programs. These Rugby League training programs have given me the most from my training and I would recommend them to anyone!

CHRIS O'CONNER - Widnes Rugby League, England

I am coming 5 weeks into my Rugby League training program from Pro Training Programs, and the gains I have had both muscular endurance, power and strength wise have been absolutely superb..... I've never seen anything like it... I'm just absolutely made up that I found Pro Training Programs on the internet, because I have been looking for some time for a company that does offer programs and caters for people like myself who take strength and conditioning very seriously.





RUGBY LEAGUE FREE TRIAL



TRAINING SCHEDULE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Pre Test	Speed 1 Weights 1		Conditioning 1 Weights 2			
Week 2		WEEKS 2-8 NOT INCLUDED IN THE FREE TRIAL		WEEKS 2-8 NOT INCLUDED IN THE FREE TRIAL			
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8					Post Test		

Note that the 2 training sessions per day e.g. Speed 1 & Weights 1, can be performed in any order, back to back or morning and evening.



RUGBY LEAGUE FREE TRIAL



PRE & POST TESTS

TEST	WEEK 1 PRE TRAINING	WEEK 8 POST TRAINING
<u>Bench Press 8RM</u>	_____ kg	_____ kg
<u>Squat 8RM</u>	_____ kg	_____ kg
<u>Bench Row 8RM</u>	_____ kg	_____ kg
<u>40m sprint</u>	_____ seconds	_____ seconds
2km time trial	_____ seconds	_____ seconds
1.2km time trial performed as 5 x shuttle sprints (up and back) to the 20m, 40m and then 60m	_____ seconds	_____ seconds



RUGBY LEAGUE FREE TRIAL



SPEED WARM UP

ORDER	EXERCISE	SETS	REPS	INTENSITY
1	Hurdles Under Over	2 rounds performed as a circuit with no rest between EXERCISES	4 each way	BWT
2	Overhead Squat holding stick overhead		6	
3	Walking Lunges		8	
4	Sumo Weight Shifts		4 each way	
5	Spidermans		8	
6	Mini Band Lateral Walks		8 each way	

RUNNING DRILLS & PLYOMETRICS

ORDER	EXERCISE	SETS	REPS	INTENSITY	REST
1	Walking Wall Drill	2	12		1 min between SETS
2	A Skips	3	over 15m		walk back to start
3	High Knees Drill	3	over 15m		walk back to start
4	Hurdle Jumps (with pause between reps)	2	4	BWT	

ACCELERATION

1	Fall - Brace - Accelerate Drill	1	3	90-100%	walk back to start
2	15m 3 Point Starts	3	2	90-100%	walk back to start
3	40m Tempo Runs from a 3 Point Start	1	8	80% Go every 30s	

SPEED ENDURANCE

1	3m Lateral Shuffle with hold on outside leg	2	5 each way		
2	3m Lateral Shuffles	2	20 secs continuous		
3	Lateral Shuffle - 2 one way, 1 back	2	4 each way		

LEG CIRCUIT

1	Squats	2 rounds performed as a circuit	12	BWT	1 min between SETS
2	Lunges		6 each side		
3	Lateral Lunges		6 each side		
4	Jump Squats		6		

WARM UP

ORDER	EXERCISE	SETS	REPS	LOAD
1	Suspension Trainer Row to Archer	1	10	BWT
2	Stability Ball Curls with hip raise		10	
3	Dumbbell Lateral Rollouts		6 each way	
4	Walking Lunges		6 each leg	
5	Suspension Trainer Push Up to Archer		10	
6	Overhead Squats with bar only		10	

STRENGTH & POWER

Note that the LOAD is the percentage of your 8RM from the Pre Test

ORDER	EXERCISE	SETS	REPS	LOAD
Superset	Bench Press Back Squats	3	8	70%
Superset	Chin Ups Romanian Deadlifts	3	8	BWT 50%
Superset	Dumbbell Alternate Shoulder Press Single Leg Box Squats	3	8 6	20% BWT

CORE STRENGTH

ORDER	EXERCISE	SETS	REPS	LOAD
1	Rainbows	1	12	BWT
2	Stability Ball Rollouts		12	
3	Stability Ball Russian Twists with plate		6 each way	
4	Opposite Arm/Leg Jackknife		6 each side	
5	Front Bridge		30s	
6	Side Bridge		20s	

WARM UP

ORDER	EXERCISE	SETS	REPS	LOAD
1	Suspension Trainer Single Arm Rows	1	6 each side	BWT
2	Bank Lateral Walks (in quarter squat)		8 each way	
3	Uneven Push Ups		6 each side	
4	Lateral Lunge		6 each leg	
5	Suspension Trainer Row to Reverse Fly		10	
6	Overhead Squats with bar only		10	

STRENGTH & POWER

Note that the LOAD is the percentage of your 8RM from the Pre Test

ORDER	EXERCISE	SETS	REPS	LOAD
Superset	Bench Press Back Squats	3	8	70%
Superset	Bench Rows Romanian Deadlifts	3	8	70%
Superset	Dumbbell Alternate Upright Row Barbell Step Ups	3	8 each side 6 each leg	25% Bar only

CORE STRENGTH

ORDER	EXERCISE	SETS	REPS	LOAD
1	Plate Russian Twists	1	6 each side	10kg
2	Plate Straight Leg Toe Touches		10	5kg
3	Standing Plate Rotations		6 each way	5kg
4	Medicine Ball 3 Way Crunch		20	3kg
5	Front Bridge with single arm lift		10 each side	BWT
6	Side Bridge with twist		10 each side	BWT



RUGBY LEAGUE FREE TRIAL



CONDITIONING 1

ORDER	EXERCISE	SETS	REPS	INTENSITY	REST
1	General dynamic warm up - including hip swings and fast strides with no static stretching.				
2	10s Sprints	3	8	100%	10s between REPS 90s between SETS
3	<u>MAS Grids</u> Run around the outside of a grid (rectangle)	2	4 laps per set - 15s per side of the grid	Guidelines for grid sizes are below: Backs 64m X 45m to 70m X 45m Ball Players 62m X 43m to 68m X 45m Back Row 63m X 44m to 69m X 45m Hit Ups 60m X 42m to 66m X 45m	2min between SETS
4	1.2 km Time Trial performed with continuous shuttle sprints to 20m, 40m then 60m	1	5 X shuttle sprints (up and back) to the 20m, 40m then 60m	Guidelines for times are below: Backs (5min), Ball Players (5min 10s) Back Row (5min 10s), Hit Ups (5min 20s)	

NOW YOU'RE READY FOR THE FULL PROGRAM!

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