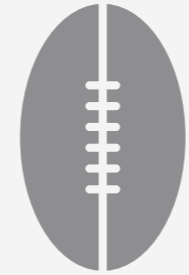


David Boyle
AUSTRALIAN RUGBY UNION



RUGBY UNION
FREE TRIAL

Professional
TRAINING PROGRAMS

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

Brought to you by





Rugby Union specific Speed, Strength, Power....

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

Available Instantly

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

Written by the Pros

Our training programs are designed by the Pros from the ARU, Super Rugby, NRL, AFL & 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 Union or if you have been playing for years.

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



RUGBY UNION 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 |
|---|---------------------|---------------------------|
| Beep Test | | _____ 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 |
| Dragons Tail | | _____ 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 | Repeat 20m shuttle sprints | | | 100% | 1min 2min after the 3rd set |
| 3 | MAS Grids 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 | 1.2 km Time Trial 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) | | | | |

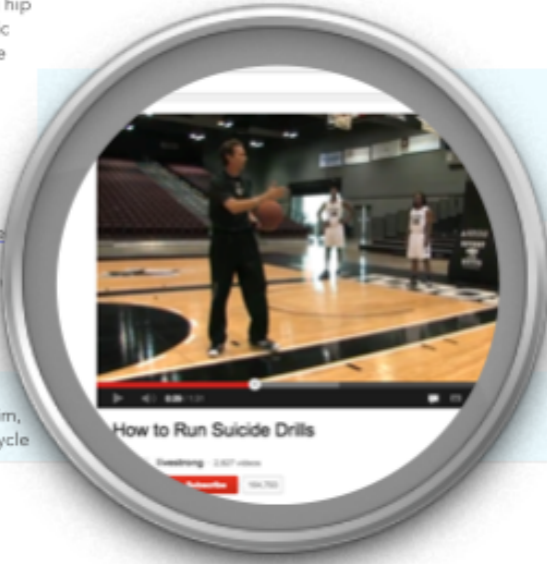
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Training sessions include the full list of exercises and the exercise prescriptions (sets, reps, intensity and other important information)

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 | Suicide Drills 5m, 10m, 15m, 20m | | | | 90s |
| 3 | Repeat 20m, 40m then 60m shuttle sprints Guidelines for time per rep are below: Backs 53s to 49s Ball Players 55s to 51s Back Row 54s to 50s | | | | 2min |
| 4 | Cross Training non weight bearing exercise e.g. swim, row, elliptical trainer and exercise bicycle | | | | |





David Boyle - ARU Strength and Conditioning Coach

David Boyle played for South Sydney Rabbitoh's and NSW back in the 80's, 1989 saw him commence his interest in Strength and Conditioning. He retired in 1991 and started working with injured players, 1995 saw him join St. George as Head S/C coach. Since then he has worked with:

- **Australian Rugby Union** 2009-present
- **Kangaroos Rugby League** 2008-2010
- **South Sydney Rabbitohs (NRL)** 2005-2006
- **St. George Dragons (NRL)** 1999-2004

David has been a board member at the **Australian Strength and Conditioning Association (ASCA)** since 2004 and is an ASCA accredited Level 3 and Professional Coaching Structure Master Level Coach (PSM) and studied an MBA (Sports Management). He also presents at ASCA Conferences and Strength and Conditioning courses.

David's aims are to live life according to the core values of: Honesty, Integrity and Respect
He is described by others as an "eternal optimist" seeking to exist in a world of realism. David chooses to view life's challenges methodically and approach them with structured thought and manner.

According to David, the overall goal in training is to create an environment in which each athlete has the opportunity to reach their maximal potential. This is achieved through respect, education and communication with the athlete. Programs seek to progressively overload the athlete, integrating the various areas of athleticism. Weight programs are designed to ensure transference is made to the field, track or court. Warm ups include "Functional Movements"

His training programs follow the three laws of S&C:

- Law of Specificity, train the systems used in Rugby
- Law of Reversibility, if you don't use it you lose it
- Law of Variation, create a stimulus for the mind and body

Rugby Union Training Sessions

Rugby Union is one of Australia's most popular team sports.

The different aspects of the game, including Running, Passing, Rucks, Mauls, Tackling, Scrums, Lineouts, mean that there is place for all body shapes and sizes.

Rugby Union is a game characterised by a unique blend of strength, power, speed, agility and endurance. The perfect Rugby Union athlete needs to possess all 5, regardless of the level and the position played.

Our Rugby Union training programs are designed to help you reach your 'genetic potential' based on years of professional coaching experience, and backed up by game and training data (including GPS data).

Each training day includes a combination of gym based and field training sessions.

Below is a comprehensive list of the physical qualities developed in our 2, 3 & 4 day/week Rugby Union training programs:

-Strength & Power **-Applied/Functional Rugby Union Strength & Power** **-Muscle Hypertrophy**

The demands of scrummaging, dominating the breakdown, and tackling are specific skills that require high levels of strength. For each body type there is an optimal level of strength required to be not only successful at the game but to be able to remain injury free.

-Conditioning **-Anaerobic Power & Capacity** **-Aerobic Power & Capacity**

Whilst it is great to have the right physique, strength, speed and power; Rugby Union is a game played over 80 minutes so you also need to be properly conditioned to be able to sustain your performance over the full game. GPS game monitoring and game analysis software is telling us that players on average are covering over 6000m in a game as well as, up and down off the ground, absorbing massive impacts during tackles, scrums and in the tackle-ruck contest.

The ability of a player to have a well-developed endurance system is therefore crucial in being able to sustain [up to and beyond] 80 minutes of Rugby Union.

Our aerobic training sessions address your endurance foundation - maximal oxygen uptake. Aerobic capacity represents the individuals ability to generate energy through the use of oxygen. For the Rugby Union 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.

Our aerobic training sessions address your endurance foundation or aerobic capacity. Aerobic capacity represents the individuals ability to generate energy through the use of oxygen.

The anaerobic training sessions then address your 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 continued performance at the highest level.

-Speed -Acceleration -Maximum speed/velocity -Agility -Reaction -Quickness

Speed and Power are obvious qualities that are integral to success in the game of Rugby Union. Speed may be looked at in terms of acceleration and maximum velocity. Acceleration is crucial in moving about the field, changing direction, evading defenders and getting into the right position to make a tackle. Maximum velocity whilst not as crucial for the forwards, is a key ingredient in the make-up of a back to streak away for a try or chase down an attacker.

Our speed training sessions address the athletes ability to perform repeat high speed movements and to make speed a strength rather than a weakness!



WYCLIFF PALU - Wallabies and Waratahs Rugby Union Player

I have known David Boyle from Pro Training Programs for 10 years. As a coach and trainer he really knows how to get the best out of his athletes. David continually looks at ways to improve his programs.

CLINTON SILLS - Randwick 1st Grade, NSW Shute Shield

I was put out of rugby for 10 months and wanted to keep my training up. I used Pro Training Programs to put on a lot of mass, from 84kg I got up to 96kg. My bench press went up to 1RM of 150kg from 130kg and I could throw around 55kg DB like they were nothing! Just overall strength was greatly improved with no change in my speed!!.





RUGBY UNION FREE TRIAL



TRAINING SCHEDULE

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|----------|---|-----------|---|-----------|----------|--------|
| Week 1 | Pre Test | Speed 1 Aerobic 1 Weights 1 | | Agility 1 Anaerobic 1 Weights 2 | | | |
| Week 2 | | WEEKS 2-4 NOT INCLUDED IN THE FREE TRIAL | | WEEKS 2-4 NOT INCLUDED IN THE FREE TRIAL | | | |
| Week 3 | | | | | | | |
| Week 4 | | | | | Post Test | | |

Note that the 2-3 training sessions per day e.g. Speed 1, Aerobic 1 & Weights 1, can be performed in any order, back to back or morning and evening.



RUGBY UNION FREE TRIAL



PRE & POST TESTS

| TEST | WEEK 1 PRE TRAINING | WEEK 8 POST TRAINING |
|--------------------------------|-------------------------|-------------------------|
| <u>Bench Press 1RM</u> | _____ kg | _____ kg |
| <u>Chins 1RM</u> | _____ kg | _____ kg |
| <u>High Pull 1RM</u> | _____ kg | _____ kg |
| <u>Squat 1RM</u> | _____ kg | _____ kg |
| <u>Deadlift 1RM</u> | _____ kg | _____ kg |
| <u>Power Cleans 1RM</u> | _____ kg | _____ kg |
| <u>1.6km Time Trial</u> | _____ meters per second | _____ meters per second |
| <u>210m Time Trial</u> | _____ meters per second | _____ meters per second |
| <u>3 x 50m Shuttle Sprints</u> | _____ seconds | _____ seconds |
| <u>40m Sprint</u> | _____ seconds | _____ seconds |

WARM UP

| ORDER | EXERCISE | SETS | INTENSITY |
|-------|---|------|------------------------------|
| 1 | 400m increasing intensity run | 1 | Building up to 80% max speed |
| 2 | Static stretch of major running muscle groups | | |

SPEED TECHNICAL WARM UP

| ORDER | EXERCISE | SETS | REPS | INTENSITY | REST |
|-------|---|------|---|--------------------|--------------------|
| 1 | Leg Cycles | 1 | 10 each leg | Focus on technique | |
| 2 | A Skips | 2 | 15m | | walk back to start |
| 3 | Wall Acceleration Drill | 1 | 10 each leg | | |
| 4 | Russian March | 2 | 15m | | walk back to start |
| 5 | Seated Running Arm Action | 3 | 15s slowly increasing speed of movement | | |
| 6 | Carioca | 2 | 15m each side | | walk back to start |
| 7 | Elbow Boxing | 3 | 15s slowly increasing speed of movement | | |
| 8 | Toe March | 2 | 10m | | walk back to start |
| 9 | Tall Falls | 1 | 10 | | |
| 10 | Stiff Leg Running | 2 | 10m | | walk back to start |
| 11 | Fall Brace Accelerate | 4 | 10m | | walk back to start |
| 12 | Low Skip | 2 | 10m | | walk back to start |

SPEED DEVELOPMENT

| ORDER | EXERCISE | SETS | INTENSITY | REST |
|-------|---|------|-----------|--------------------|
| 1 | 50m Sprints with 20m acceleration, 10m hold speed, 20m deceleration | 4 | 80-85% | walk back to start |
| 2 | 60m Sprints with 20m acceleration, 20m hold speed, 20m deceleration | 4 | 80-85% | walk back to start |

WARM UP

| ORDER | EXERCISE | SETS | INTENSITY |
|-------|---|------|------------------------------|
| 1 | 400m increasing intensity run | 1 | Building up to 80% max speed |
| 2 | Static stretch of major running muscle groups | | |

SPEED TECHNICAL WARM UP

| ORDER | EXERCISE | SETS | REPS | INTENSITY | REST |
|-------|---|------|---|--------------------|--------------------|
| 1 | Leg Cycles | 1 | 10 each leg | Focus on technique | |
| 2 | A Skips | 2 | 15m | | walk back to start |
| 3 | Wall Acceleration Drill | 1 | 10 each leg | | |
| 4 | Russian March | 2 | 15m | | walk back to start |
| 5 | Seated Running Arm Action | 3 | 15s slowly increasing speed of movement | | |
| 6 | Carioca | 2 | 15m each side | | walk back to start |
| 7 | Elbow Boxing | 3 | 15s slowly increasing speed of movement | | |
| 8 | Toe March | 2 | 10m | | walk back to start |
| 9 | Tall Falls | 1 | 10 | | |
| 10 | Stiff Leg Running | 2 | 10m | | walk back to start |
| 11 | Fall Brace Accelerate | 4 | 10m | | walk back to start |
| 12 | Low Skip | 2 | 10m | | walk back to start |

SPEED DEVELOPMENT

| ORDER | EXERCISE | SETS | REPS | INTENSITY | REST |
|-------|--|------|------|---|------------------|
| 1 | Rugby Union Agility Box | 3 | 1 | 100% - aim to beat your time with each effort | 90s between SETS |
| 2 | Rugby Union Agility Box Advanced | 3 | 1 | 100% - aim to beat your time with each effort | 90s between SETS |



RUGBY UNION FREE TRIAL



AEROBIC CONDITIONING 1

| ORDER | EXERCISE | SETS | REPS | INTENSITY | REST |
|-------|--|------|---|--|-------------------|
| 1 | General dynamic warm up - including hip swings and fast strides with no static stretching. | | | | |
| 2 | <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: Outside Backs 64m X 45m to 70m X 45m Halves 62m X 43m to 68m X 45m Back Row 63m X 44m to 69m X 45m Front Row 60m X 42m to 66m X 45m Increase grid size as able | 2min between SETS |



RUGBY UNION FREE TRIAL



ANAEROBIC CONDITIONING 1

| ORDER | EXERCISE | SETS | REPS | INTENSITY | REST |
|-------|--|------|------|---|--------------------------------------|
| 1 | General dynamic warm up - including hip swings and fast strides with no static stretching. | | | | |
| 2 | 30s Sprints | 3 | 8 | 100% Aim to increase length with each sprint | 10s between REPS 90s between SETS |

WARM UP AND FUNCTIONAL MOVEMENTS

| ORDER | EXERCISE | SETS | REPS | LOAD | REST |
|-------|--------------------------------------|------|------|----------|-----------------------|
| 1 | Romanian Deadlifts | 2 | 8 | Bar only | No rest Continuous |
| 2 | Standing Hip Circles | 2 | 8 | BWT | No rest Continuous |

STRENGTH & POWER

| ORDER | EXERCISE | SETS | REPS | LOAD | REST |
|----------|--------------------------------------|------|------|--|-------------------|
| Superset | Power Cleans | 7 | 3 | bar only 55%,65%,75% 85%,85%,85% | 2min between SETS |
| | 3 Small Hurdle Jumps | | 3 | Small hurdles | |
| Superset | Back Squats | 4 | 5 | 55%,65%,75% 85% | |
| | Reverse Hypers | | 8 | BWT | |
| Superset | Bench Press | 4 | 5 | 55%,65%,75% 85% | |
| | Bulgarian Squats | | 8 | Bar only | |
| Superset | Military Press | 4 | 5 | 55%,65%,75% 85% | |
| | Floor Angels | | 8 | BWT | |

CORE STABILITY

| ORDER | EXERCISE | SETS | REPS | LOAD | REST |
|-------|-------------------------------------|------|------|------|-----------------------|
| 1 | Bar Rollouts | 3 | 6 | BWT | No rest Continuous |
| 2 | Supine Lumbar Rolls | 3 | 6 | BWT | No rest Continuous |

WARM UP AND FUNCTIONAL MOVEMENTS

| ORDER | EXERCISE | SETS | REPS | LOAD | REST |
|-------|---------------------------------|------|------|----------|-----------------------|
| 1 | Overhead Squats | 2 | 8 | Bar only | No rest Continuous |
| 2 | Hindu Push Ups | 2 | 8 | BWT | No rest Continuous |

STRENGTH & POWER

| ORDER | EXERCISE | SETS | REPS | LOAD | REST |
|----------|---|------|------|--|-------------------|
| Superset | Wide Grip High Pull | 7 | 3 | bar only 55%,65%,75% 85%,85%,85% | 2min between SETS |
| | Small Box Jumps | | 3 | 0.5m box | |
| Superset | Deadlift | 4 | 5 | 55%,65%,75% 85% | |
| | GHG | | 8 | BWT | |
| Superset | Bench Press | 4 | 5 | 55%,65%,75% 85% | |
| | Hand Clap Push Ups | | 8 | BWT | |
| Superset | Weighted Chin Ups | 4 | 5 | 55%,65%,75% 85% | |
| | Dumbbell Internal & External Shoulder Rotations | | 8 | 2.5-5kg | |

CORE STABILITY

| ORDER | EXERCISE | SETS | REPS | LOAD | REST |
|-------|---|------|------|------|----------------------|
| 1 | Hanging Leg Raises | 3 | 6 | BWT | 1min between SETS |
| 2 | Standing Plate Wood Chops | 3 | 8 | 5kg | 1min between SETS |

NOW YOU'RE READY FOR THE FULL PROGRAM!

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