

David Boyle
AUSTRALIAN RUGBY UNION



RUGBY UNION
4 WEEK PROGRAM
by the Pros

Professional
TRAINING PROGRAMS





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

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PERSONALISE YOUR RUGBY UNION TRAINING PROGRAM BY THE PROS

To really play your best Rugby Union, make it your own Pro program with a Personalised Rugby Union Training Program.

FEATURES	FREE	PERSONALISED \$299 one time payment
Training Schedule	4 weeks	Personalised - up to 8 weeks
Number of Training Sessions	2 Training Sessions per week	Personalised - up to 4 Training Sessions per week
Written by the Pros		
Pre and Post Tests		
Training Specificity	Sport Specific only	Sport Specific, Position Specific & Periodised - Off Season, Pre Season or In Season
Exercise Prescriptions	Sets and Reps Intensity expressed as a % e.g. 80% of your maximum	Sets and Reps Personalised intensity e.g. 45kg lift, 10s target time
Availability	Delivered by email instantly	Delivered after initial questionnaire and Skype consultation - normally within 1-2 weeks*
Personalisation		Personalised based on your training goals, your training schedule, training history, injury history, availability of equipment and much more
Support		Unlimited email support and Skype consultations at 0 and 4 weeks

*Please note that Personalised Training Programs are limited to 10 per month - due to our Pro Coaches and Trainers commitments to their Professional athletes. If you do not see the option to Buy Now, please join our waitlist.

PERSONALISE YOUR RUGBY UNION TRAINING PROGRAM BY THE PROS

After purchase you will be sent a training questionnaire and schedule Skype consultations for 0 and 4 weeks in your Training Schedule.

Custom Training Schedule - custom number of training sessions per week for up to 8 weeks - work around your schedule and to complement team sessions and games.

Personalised based on your training goals, your training schedule, training history, injury history, availability of equipment and much more.

Access to services normally only available in a high performance sporting environment.



Everything You Need to Train for Rugby Union

Our Rugby Union Training Programs include Fitness & Conditioning, Speed & Agility training, Strength & Power training sessions designed specifically for Rugby Union.

Training Program PDFs

Delivered Instantly by Email

Rugby Union Training Program PDFs are delivered instantly by email so you can start training today!

Written by a Professional Rugby Union Coach

Our Rugby Union Training Programs are written by David Boyle and used by the Australian Rugby Union Wallabies.

Get a Pro Coach for the Cost of a Personal Trainer

This is not Bootcamp, not Crossfit, and not just another training program written by a Personal Trainer. Get a Rugby Union specific Training Program written by the Pros!

Train smart and play your best Rugby Union!



RUGBY UNION 4 WEEK PROGRAM BY THE PROS

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
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[Beep Test](#)

General 12s Repeats
Run as far as possible in 12s, then have 1min rest. Repeat 8 times and measure the decrement in distance

[Dragons Tail](#)

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

level

decrement in meters

seconds

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 1.2 km Time Trial performed with continuous sprints to 20m, 40m then 60m				2min
4	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 Back 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!!.





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TRAINING SCHEDULE

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.

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		Speed 1 Aerobic 1 Weights 1		Agility 1 Anaerobic 1 Weights 2			
Week 3		Speed 2 Aerobic 1 Weights 1		Agility 1 Anaerobic 1 Weights 2			
Week 4		Speed 1 Aerobic 1 Weights 1		Agility 1 Anaerobic 1 Weights 2	Post Test		

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PRE & POST TESTS

TEST	WEEK 1 PRE TRAINING	WEEK 4 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

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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	90-95%	walk back to start
2	60m Sprints with 20m acceleration, 20m hold speed, 20m deceleration	4	90-95%	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
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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



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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	Run around the outside of a grid (rectangle)	2	4 laps per set - 15s per side of the grid	<p>Guidelines for grid sizes are below: Outside Backs 64m X 45m to 70m X 45m Halfs 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</p> <p>Increase grid size as able</p>	2min between SETS



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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	REST	WEEK 1			WEEK 2			WEEK 3			WEEK 4		
			SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD
Superset	Power Cleans	2min between SETS	7	3	bar only 55%,65%,75% 85%,85%,85%	7	3,2,2,2, 2,2,2	bar only 60%,70%,80% 90%,90%,90%	7	3,3,3,3, 1,1,1	bar only 60%,75%,85% 95%,95%,95%	7	3	bar only 40%,50%,60% 70%,70%,70%
	3 Small Hurdle Jumps		3	3	Small hurdles	3	3	Small hurdles	3	3	Small hurdles	3	3	Small hurdles
Superset	Back Squats	2min between SETS	4	5	55%,65%,75% 85%	4	5	60%,70%,80% 90%	4	5,3,3,1 +	65%,75%,85% 95%	4	5	40%,50%,60% 70%
	Reverse Hypers		8	8	BWT	8	8	BWT	8	8	BWT	8	8	BWT
Superset	Bench Press	2min between SETS	4	5	55%,65%,75% 85%	4	5	60%,70%,80% 90%	4	5,3,3,1 +	65%,75%,85% 95%	4	5	40%,50%,60% 70%
	Bulgarian Squats		8	8	Bar only	8	8	Bar only	8	8	Bar only	8	8	Bar only
Superset	Military Press	2min between SETS	4	5	55%,65%,75% 85%	4	5	60%,70%,80% 90%	4	5,3,3,1 +	65%,75%,85% 95%	4	5	40%,50%,60% 70%
	Floor Angels		8	8	BWT	8	8	BWT	8	8	BWT	8	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	REST	WEEK 1			WEEK 2			WEEK 3			WEEK 4		
			SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD
Superset	Wide Grip High Pull	2min between SETS	7	3	bar only 55%,65%,75% 85%,85%,85%	7	3,2,2,2, 2,2,2	bar only 60%,70%,80% 90%,90%,90%	7	3,3,3,3, 1,1,1	bar only 60%,75%,85% 95%,95%,95%	7	3	bar only 40%,50%,60% 70%,70%,70%
	Small Box Jumps		3	3	0.5m box	3	0.5m box	3	0.5m box	3	0.5m box	3	0.5m box	
Superset	Deadlift	2min between SETS	4	5	55%,65%,75% 85%	4	5	60%,70%,80% 90%	4	5,3,3,1 +	65%,75%,85% 95%	4	5	40%,50%,60% 70%
	GHG		8	8	BWT	8	8	BWT	8	8	BWT	8	8	BWT
Superset	Bench Press	2min between SETS	4	5	55%,65%,75% 85%	4	5	60%,70%,80% 90%	4	5,3,3,1 +	65%,75%,85% 95%	4	5	40%,50%,60% 70%
	Hand Clap Push Ups		8	8	BWT	8	8	BWT	8	8	BWT	8	8	BWT
Superset	Weighted Chin Ups	2min between SETS	4	5	55%,65%,75% 85%	4	5	60%,70%,80% 90%	4	5,3,3,1 +	65%,75%,85% 95%	4	5	40%,50%,60% 70%
	Dumbbell Internal & External Shoulder Rotations		8	8	2.5-5kg	8	8	2.5-5kg	8	8	2.5-5kg	8	8	2.5-5kg

CORE STABILITY

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

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