

PROGRAMME 2 – POWERING ON

This general conditioning programme is for players who have completed Programme 1 or who already have a reasonable level of fitness and experience with plyometrics and weights.

It is essential that every session begins with a good warm up. Remember that the track-and-field exercises in the warm up sessions will do the majority of the work for your posture that supports your running technique, so don't feel you can abandon these elements of the warm up. It is essential that the warm up includes all of those elements on the days you are doing your speed work but change the activities around a bit to reduce the boredom.

The strength component of this programme must be designed to fit your specific needs and based on your Repetition Maximums (see page 83).

The introduction to weights and the development and start of this programme were included in Week 6 of Programme 1, so that the strength, speed and endurance components can all be met in Programme 2.

Note that in Programme 2, Day 7 is the only light day, which will feature some "intermittent exercise". Here are some examples of such exercises:

Orienteering is an international sport in which competitors combine map reading skills with endurance running. The course is laid out over several kilometres and specific stations are usually found by use of a map and compass. Competitors use the map and compass to find the stations at which there is an indicator that is recorded to prove they've been there. In singles or in small teams the object is to collect all the "proofs" and return to base before the other teams.

A **scavenger hunt** is a variation on orienteering in which instead of reporting to a series of stations participants are required to find particular objects that have previously been secreted by the organiser.

Wide games come to us from the Scouting movement, and in their simplest form involve two teams of indeterminate number using a very large piece of ground to achieve a previously decided objective. A good example uses a sandy beach and the sandhills behind. A goal is set up at each end of the beach, in this case two circles of approximately 3m diameter drawn in the sand and about 800m apart. One sideline is the breaker line – you're not allowed to drown – and the other is the public car park between the town and the sandhills. The area of ground is about 800 x 800m. The object is to get the ball into the circle either by carrying or kicking or throwing/passing it by any means. The role of the opposition is to stop them doing this by intercepting the ball, or tackling the ball carrier and stealing it. Just like the basic rugby game. Once in progress players are required to run, and run, and run, and possibly swim, till they're exhausted, and then do some more; all the while thinking about the basic objective of getting the ball into the goal.

In all cases these activities cover a large area and usually an hour or more of time, providing the participants with an excellent endurance and intermittent exercise activity.

Programme 2 – Week 1

Equipment: Speed ladder, keg, medicine ball, suitcases, climbing rope

Day 1	Speed	<p>Include 2 × 20m skipping (hop-step) in the warm up. 2 × speed ladder. 4 × 60m sprints at 95% effort. Emphasis on rhythm/technique/body position/relaxation and turnover. 1 × 250m sprint (good stride out).</p>
	Strength	<p>Strength programme Day 3 (see pages 83–85) (Start the weights programme four days earlier either as part of Programme 1 or prior to your serious start of this programme.)</p>
Day 2	Endurance	<p>Run 15 minutes trying to cover as much distance as possible. Jog home.</p>
	Conditioning	<p>3 × shoulder the keg. 3 × hug the keg. 3 × plant the keg.</p>
Day 3	Speed	<p>2 × 5 hops for distance. 3 × speed ladder. Pyramid sprints: 2 × 20m, 2 × 40m, 1 × 60m, 2 × 40m, 2 × 20m. Run 800m – first 400m at 90% effort then slow to jog by end of second 400m. Stair running: 40 footfalls.</p>
Day 4	Strength	<p>Strength programme Day 3 (see pages 83–85)</p>
	Endurance	<p>Either: hill fun – 5 × 1 minute uphill with walk back. 10 × 30 seconds uphill with walk back (see page 71). Or: if you're starting your conditioning with Programme 2 then replace this activity with the Cooper's 12 Minute Run Test (see page 51).</p>
Day 5	Speed	<p>Sprints:</p> <ul style="list-style-type: none"> • 2 × 40m – almost flat out from a standing start. • 1 × 120m – from a rolling start. • 2 × 40m – almost flat out from a standing start.
	Strength	<p>Medicine ball:</p> <ul style="list-style-type: none"> • 5 × overhead back throws for distance. • 5 × forward throws for distance. • 5 × any other throws for distance. <p>2 × 3 jumps for distance. 3 × 10m sprints (100% effort).</p>
	Conditioning	<p>Suitcases: the suitcases Up to 3 × rope climbs, 10 × Tarzan swings and 4 × circle-ups 1 or 2.</p>
Day 6	Strength	<p>Strength programme Day 2 (see pages 83–85)</p>
Day 7	Intermittent fitness	<p>Play a “wide game” (see page 107) with the team or your mates. Keep it going for 30 minutes or so and finish with a swim.</p>

Programme 2 – Week 2

Equipment: Boxes (for plyometric jumps), medicine ball, truck tyre, anchor chain, rugby ball, treadmill (optional)

Day 1	Speed	4 × 60m sprints at 95% effort. Emphasis on rhythm/technique/body position/relaxation and turnover.
	Plyometrics	It is essential that this session be preceded by a very efficient warm up that includes the double skips (one jump and two rotations of the rope). If you haven't done plyometrics before, the session should be done with supervision from the conditioning coach or a personal trainer. Three boxes no higher than 30cm. 2 × step off and bounce up onto the next one, step off the last and bounce high. 1 × 250m sprint (good stride out).
	Strength	Strength programme Day 3 (see pages 83–85)
Day 2	Endurance	Either: hill fun – if you did the Cooper's 12 Minute Run Test last week then: <ul style="list-style-type: none"> • 5 × 1 minute uphill with walk back. • 10 × 30secs uphill with walk back. Or: talking speed run – if you did hill fun last week then: <ul style="list-style-type: none"> • Talking speed run for 20 minutes out and 20 minutes back with 3 minutes rest at halfway.
	Conditioning	Throw the medicine balls – 10 × any three variations.
Day 3	Speed	Pyramid sprints: 2 × 20m, 2 × 40m, 1 × 60m, 2 × 40m, 2 × 20m. Run 800m – first 400m at 90% effort then slow to a jog by end of second 400m.
Day 4	Strength	Strength programme Day 1 (see pages 83–85)
	Endurance	Either: outdoor running option – golf course (see page 71). Do the run early in the day if you can so you get more recovery time for tomorrow. Or: indoor running option (see page 70). Don't try to do both the outdoor and indoor options.
Day 5	Speed	Sprints: <ul style="list-style-type: none"> • 2 × 40m – almost flat out from a standing start. • 1 × 120m – from a rolling start. • 2 × 40m – almost flat out from a standing start.
	Strength	Medicine ball: <ul style="list-style-type: none"> • 5 × overhead back throws for distance. • 5 × forward throws for distance. • 5 × any other throws for distance. 2 × 3 jumps for distance. 3 × 10m sprints (100% effort).
	Conditioning	3 × roll the tyre. Anchor chain. 1 × rope climb, 10 × Tarzan swings and 4 × circle-ups 1 or 2.
Day 6	Strength	Strength programme Day 2 (see pages 83–85) 5 × bounding hops for distance. Repeat twice for each leg.
Day 7	Intermittent fitness	Toss a ball around, force-back game, play some touch rugby, finish with a swim. Test your distance on a 3-minute swim.

Programme 2 – Week 3

Equipment: Suitcases, bricks, climbing rope

Day 1	Strength	Strength programme Day 1 (see pages 83–85)
	Speed	This is a light session in keeping with the principle of variation: 3 × 30m sprints at 99% effort – emphasis on rhythm/technique/ body position/relaxation and turnover. 1 × 150m sprint (good stride-out).
Day 2	Endurance	Cooper's 12 Minute Run Test. Record your distance and check your improvement. (If there is no improvement from last time then consult the club trainer for VO ₂ max check.) Organise an orienteering course for day 4. If it's just you and your partner then you'll have to do it on your own so he doesn't know the answers but if you're in a group then split into two and devise a course for the other team.
	Conditioning	1 × rope climb. 10 × Tarzan swings. 4 × circle-ups 1 or 2. Take a swim.
Day 3	Speed	Pyramid sprints: 2 × 20m, 2 × 40m, 1 × 70m, 2 × 40m, 2 × 20m. On both the 20m reps do an extra one with hop-step skips. Increase rest to a maximum of 90 seconds. Run 400m at 90% then jog out to the stretch and warm down.
Day 4	Endurance	Orienteering. This is the first day so it might not take the time you want. If not adapt it so it takes a minimum of 30 minutes next time.
	Strength	Strength programme Day 1 (see pages 83–85)
Day 5	Speed	Sprints: • 6 × 10m at 100% effort with emphasis on arm action. • 1 × 80m at 100% effort with emphasis on arm action. • 2 × 10m at 100% effort with emphasis on arm action. 1 × 3 hops for distance each leg.
	Conditioning	3 × carry the suitcase: Use your two suitcases of bricks and carry them as far as you can in 10 seconds. Have a short rest and carry them back. Watch your partner.
Day 6	Strength	Strength programme Day 2 (see pages 83–85)
Day 7	Intermittent fitness	Play a "wide game" (see page 107) with the team or your mates. Keep it going for 30 minutes or so and finish with a swim.

Programme 2 – Week 4

Equipment: Boxes (for plyometric jumps), keg, treadmill (optional), medicine ball, truck tyre, anchor chain, climbing rope

Day 1	Strength	Strength programme Day 3 (see pages 83–85)
	Plyometrics	Ensure a very good warm-up first. Three boxes no higher than 30cm. Step off and bounce up onto the next one, step off the last and bounce high × 2.
	Speed	4 × 60m sprints at 99% – emphasis on rhythm/technique/body position/relaxation and turnover. 2 × 3 jumps for distance. 1 × 150m sprint (good stride-out).
Day 2	Endurance	Run 20mins trying to cover as much distance as possible. Jog home.
	Conditioning	3 × shoulder the keg. 3 × hug the keg. 3 × plant the keg.
Day 3	Speed	Pyramid sprints: 2 × 20m, 2 × 40m, 1 × 60m, 2 × 40m, 2 × 20m. Carry a rugby ball in both hands for the 20m sprints, no more than 1 minute rest between reps. Run 800m – first 400m at 90% effort then slow to jog by end of second 400m.
Day 4	Strength	Strength programme Day 1 (see pages 83–85)
	Endurance	Either: hill fun: • 5 × 1 minute uphill with walk back. • 10 × 30 second uphill with walk back. Or: indoor running option (see page 70).
Day 5	Speed	Sprints: • 2 × 40m (almost flat out from a standing start). • 1 × 120m (from a rolling start). • 2 × 40m (almost flat out from a standing start). Medicine ball: • 5 × overhead back throws for distance. • 5 × forward throws for distance. • 5 × any other throws for distance. 2 × 4 box jumps at appropriate height – no more than 30cm max. If it hurts don't do it! 3 × 10m sprints (100% effort).
	Conditioning	3 × tip the tyre. Anchor chain. 1 × rope climb, 10 × Tarzan swings and 4 × circle-ups 1 or 2.
Day 6	Strength	Strength programme Day 2 (see pages 83–85)
	Plyometrics	Ensure a very good warm-up first. Three boxes no higher than 30cm. Step off and bounce up onto the next one. Bounce high off the third box × 2.
Day 7	Intermittent fitness	40/20 repeated speed test (see page 52).

Programme 2 – Week 5

Equipment: Boxes (for plyometric jumps), keg, treadmill (optional), medicine ball, truck tyre, anchor chain, climbing rope

Day 1	Strength	Strength programme Day 3 (see pages 83–85)
	Plyometrics	Ensure a very good warm-up first. Three boxes no higher than 30cm. Step off and bounce up onto the next one, step off the last and bounce high x 2.
	Speed	4 x 60m sprints at 99% effort – emphasis on rhythm/technique/body position/relaxation and turnover. 2 x 3 jumps for distance. 1 x 150m sprint (good stride out).
Day 2	Endurance	Run 20 minutes trying to cover as much distance as possible. Jog home.
	Conditioning	3 x shoulder the keg. 3 x hug the keg. 3 x plant the keg.
Day 3	Speed	Pyramid sprints: 2 x 20m, 2 x 40m, 1 x 60m, 2 x 40m, 2 x 20m. Carry a rugby ball in both hands for the 20m sprints, no more than 1 minute rest between reps. Run 800m – first 400m at 90% effort then slow to jog by end of second 400m.
Day 4	Strength	Strength programme Day 1 (see pages 83–85)
	Endurance	Either: hill fun: • 5 x 1 minute uphill with walk back. • 10 x 30 seconds uphill with walk back. Or: indoor running option (see page 70).
Day 5	Speed	Sprints: • 2 x 40m (almost flat out from a standing start). • 1 x 120m (from a rolling start). • 2 x 40m (almost flat out from a standing start). Medicine ball: • 5 x overhead back throws for distance. • 5 x forward throws for distance. • 5 x any other throws for distance. 2 x 4 box jumps at appropriate height – no more than 30cm max. If it hurts don't do it! Sprint 3 x 10m at 100% effort.
	Conditioning	3 x shoulder the keg. 3 x hug the keg. 3 x plant the keg. 1 x rope climb, 10 x Tarzan swings and 4 x circle-ups 1 or 2.
Day 6	Strength	Strength programme Day 2 (see pages 83–85)
	Plyometrics	Three boxes no higher than 30cm. Step off and bounce up onto the next one. Bounce high off the third box x 2.
Day 7	Intermittent fitness	Play touch rugby, either with the team or a group of mates. Play for at least 40 minutes with rests.

Programme 2 – Week 6

This weekend has the first game of the season so the week is light.

Equipment: Keg, truck tyre, anchor chain, suitcases

Day 1	Endurance	Cooper's 12 Minute Run Test: record your distance and calculate your improvement. Write it down!
	Strength	Strength programme Day 3 – test for 1RM's (see ages 83–85).
Day 2	Endurance	No specific endurance this week.
	Conditioning	Combi day. Develop your own programme with the truck tyre, anchor chain, keg and suitcases. Work hard but no longer than 1 hour total.
Day 3	Speed	Pyramid sprints: 2 × 20m, 2 × 40m, 1 × 60m, 2 × 40m, 2 × 20m. Carry a rugby ball in both hands for the 20s and any way you like for the others, no more than 1 minute rest between reps. Run 800m – first 400m at 90% effort then slow to jog by end of second 400m.
Day 4	Strength	General session with light weights (80%) and 1 more rep in every set. 1 × 3 jumps for distance. 1 × 5 hops for distance each leg.
Day 5	Rest day	Do your basic conditioning exercises at home and the office.
Day 6	GAME DAY	
Day 7	Team recovery	Play a modified "wide game" (see page 107) over a reduced area. Keep it going for a half hour or so but recognizing the work done yesterday. Finish with a swim.