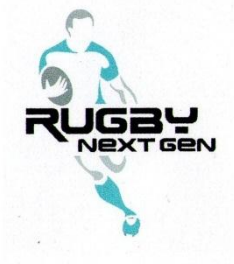


RUGBY NEXT GENERATION

PALMYRA

STRENGTH & CONDITIONING

PROGRAMME 2011/2012



GOAL: “To strengthen, condition and educate players to be at their peak when the 2012 season begins!”

EXPECTATION:

1. 100% effort when training
2. Commitment to trainings
3. Respect to coaches, trainers, helpers, each other and yourself

If you cannot commit to the above then do not bother showing up!!

TRAININGS: 5pm – 6:15pm Tuesdays and Thursdays

Th 17th Nov 2011 – Th 1st March 2012

Break: 23/12/2011- 9/01/2012

TRAINERS & COACHES:

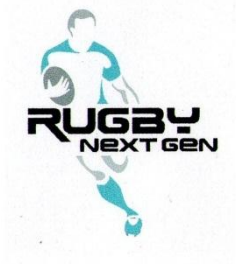
Anare “Rayza” Koliavu	0416 980 139
Jamie Macdonald	0404 632 299
Stu Munroe	0435 030 766

If you can't make training or are going to be late text us to let us know at least 30 minutes before training. Any texts after 4:30pm will be deemed as late. Extras will apply.

We will try and send texts out for any notices but please keep an eye on the Palmyra Website:

www.palmyrarugby.com.au/

PALMYRA



STRENGTH & CONDITIONING PROGRAMME 2011/2012

The following is a brief outline of what the programme will involve and may be adjusted. Notice will be given well in advance if programme is to be changed.

Stages (1-3)

Stage 1 Base Strength and Conditioning

- Mix of different types of trainings
- Testing conditioning and strength
- Introduction to weights and proper technique
- Building a cardio base
- High reps circuit work and weights

Stage 2 Progress to anaerobic work and competent with weight lifting

- Progression into anaerobic training
- Progression into multiple muscle groups
- Emphasis on Technique with weights
- Introduction of ball and fitness games
- Introduction speed and agility specifics

Stage 3 Introduction to power work and confidence in weights, Rugby Specific

- Rugby Specific Weights (power)
- Plyometrics
- Fitness Games
- Speed and Agility
- Skill under fatigue
- Rugby Technique

RUGBY NEXT GENERATION

PALMYRA

STRENGTH & CONDITIONING

PROGRAMME 2011/2012



Schedule of Trainings:

<u>STAGE</u>	<u>DAY</u>	<u>DATE</u>	<u>DETAIL</u>
Stage 1	TH	17/11/2011	Introduction & Testing
	TU	22/11/2011	Testing and Conditioning
	TH	24/11/2011	Weights Technique and Conditioning
	TU	29/11/2011	Strength and Conditioning
	TH	1/12/2011	Weights Technique and Conditioning
	TU	6/12/2011	Strength and Conditioning
	TH	8/12/2011	Weights Technique and Conditioning
	TU	13/12/2011	Strength and Conditioning
	TH	15/12/2011	Weights and Conditioning
	TU	20/12/2011	Strength and Conditioning
	TH	22/12/2011	Weights and Conditioning
BREAK	TU	27/12/2011	BREAK
	TH	29/12/2011	BREAK
	TU	3/01/2012	BREAK
	TH	5/01/2012	BREAK
Stage 2	TU	10/01/2012	Strength and Conditioning
	TH	12/01/2012	Weights and Conditioning
	TU	17/01/2012	Strength and Conditioning
	TH	19/01/2012	Weights and Conditioning
	TU	24/01/2012	Strength and Conditioning
	TH	26/01/2012	Weights and Conditioning
	TU	31/01/2012	Strength and Conditioning
	TH	2/02/2012	Weights and Conditioning
Stage 3	TU	7/02/2012	Skills and Conditioning
	TH	9/02/2012	Weights and Conditioning
	TU	14/02/2012	Skills and Conditioning
	TH	16/02/2012	Weights and Conditioning
	TU	21/02/2012	Skills and Conditioning
	TH	23/02/2012	Weights and Conditioning
	TU	28/02/2012	Skills and Conditioning
	TH	1/03/2012	Weights and Conditioning