

# **USA RUGBY 7'S TRAINING PROGRAM**

## **Weekly training schedule**

### **Monday**

AM – lift

PM – Anaerobic running

### **Tuesday**

AM – Speed

PM – Club training

### **Wednesday**

AM – off or recovery swim/stretch

PM – Lift

### **Thursday**

AM – Rowing or biking session using 30secs on and off intervals

PM – Club training

### **Friday**

AM – light run and stretch or rest

PM – off

### **Saturday**

Tournament or club training

**Sunday** – Active recovery or rest

For video clips of the lifts go to [www.usarugby.org](http://www.usarugby.org), fit to play, training plans and find the clips.

### **Day 1 lift**

Core warm-up – 3 x 12 abs and low back

Hang clean or box jumps 4 x 6

Back squat or leg press 4 x 8; complex with 6 squat jumps after each set.

DB bench press 4 x 6

Pair with DB RDL 4 x 8

DB forward lunge 3 x 8ea

DB single arm bent over row

### **Day 2 lift**

Core warm-up – 3 x 12 abs and low back

Box jumps 4 x 6

Front squat 3 x 8

DB Incline bench press 4 x 8

Paired with Swiss ball hamstring curls 4 x 10ea leg

Pull-ups 3 x failure

DB curl-to-press 4 x 8

## Anaerobic running options

1.

200m (40secs/20secs recovery) 100m (20secs/40secs recovery) x 10

Run the 200m in 40secs and recover for 20secs. Then run the 100m in 20secs and recover for 40secs. Repeat this pattern 10 times.

2.

14 x 50m sprints (7-9 secs/50m jog) repeat every 40 secs.

Starting at the goal line of a rugby pitch, sprint 50m in 7-9secs, and then jog through to the other end. You have what is left of the 40secs to recover. Turn around and run back the other way. The target is 20 repeats and to maintain near maximal speed for each sprint.

Have a 3-4 mins break

12 x 50m sprints (7-9 secs/50m jog) repeat every 40 secs

Have a 4-6 mins break

10 x 100m sprints (18secs) repeat every 60secs

3.

20 x 50m sprints (8-9 secs/50m jog) repeat every 40 secs

Starting at the goal line of a rugby pitch, sprint 50m in 7-9secs, and then jog through to the other end. You have what is left of the 40secs to recover. Turn around and run back the other way. The target is 20 repeats and to maintain near maximal speed for each sprint.

Have a 4min break

20 x 50m sprints (7-9 secs/50m jog) repeat every 40 secs

4.

12-20 x 50m sprints (8-9 secs/50m jog) repeat every 40 secs

Have a 4min break

20 x 25m sprints (4-5secs)/25m jog repeat every 20secs

Use different starting positions include carrying the ball, picking up, on your chest, on your back, rolling left and right, chipping, grubber kicking etc at the start of each sprint.

Have a 4mins break

5 x 100m sprint (18secs), repeat every 60secs.

5.

20 x 25m sprints (4-5secs)/25m jog repeat every 20secs

Use different starting positions include carrying the ball, picking up, on your chest, on your back, rolling left and right, chipping, grubber kicking etc at the start of each sprint.

Have a 4mins break

20 x 25m sprints (4-5secs)/25m jog repeat every 20secs

Have a 4mins break

5 x 50m sprint (7-9secs)/50m jog repeat every 40secs.

6.

80-6-40's – complete run in 30-38secs, 4 x 4 runs with 1min between reps and 2mins between sets.

8 x 150's – sprint 25m and back, then 50m and back, complete in less than 25secs. Rest for 25secs, repeat 10times.

## Speed Options

### Session 1

Dynamic warm-up plus stride outs of 3 x 60m

- Hollows – Sprint 20m @ 80%, 20m cruise and sprint 20m @ 80% - build to 100% over the 8 sets.  
*Remember recovery and no heel hitting.*
- 3 tuck jumps (knee to chest) into a 5m sprint 45 sec recovery \*3 reps \* 3 sets with 1.30 rest between each set.
- 3 x 5 reps of 25m sprints from different positions off the ground. 45sec rest between reps and 1.30min between each set.  
*Please concentrate on staying low and coming up smoothly into an upright position. Short sharp driving steps out of the blocks.*
- 2 x 6 reps of 40m sprints from different positions off the ground with a step. 45sec rest between reps and 1.30min between each set.  
*Please concentrate on staying low and coming up smoothly into an upright position. Short sharp driving steps out of the blocks. Use the ball in various positions, chip kicks, grubbers etc*
- 2 x 5 reps of 5m sprints from the get-up position then 5m lateral shuffle pick up a ball jump over a tackle bag for 30m sprint.  
*Concentrate on maintaining your core stability and leg recovery. No heel strike.*

### Session 2

Dynamic warm-up of a game type activity, i.e. soccer, touch etc

Then a very quick dynamic warm-up, speed squats, lunges, scorpions, high knee hugs, straight leg march.

- Squat jumps, working on no time on the floor, and a 120 deg angle for the legs – 3 x 6 with no rest between jumps, 1.30 between sets.
- Ladder work – 5mins
- 3 x 4 reps of 15m sprints from the get-up position, 45sec rest between reps and 1.30min between each set.
- With a rugby ball on the ground, quick feet over the ball and back into 10m sprint x 8.
- Explosive forward lunges x 4ea leg into 20m sprints x 4. 1min between sprints.
- 8 x Partner wrestle for 15secs, then turn and sprint in opposite directions for 10m.  
*Concentrate on staying low and coming up smoothly into an upright position. Short sharp driving steps out of the blocks. If no partner complete 8 push-ups then sprint.*
- Rolling 30's, jog 10m then explode into a 30m sprint. Full recovery repeat 10 times.