

Touch training document

The goal of these workouts is to develop a strong core and patterns of movement that will allow you to cut/turn and respond quickly. There is a lot of balance required for many of them so take your time and do them properly. After the first camp you will be given progressions based on having done these workouts. Progressions will be based around the patterns / moves that the squad is working on and we will bring the ball back into everything.

This document is *phase one* and will take you through the first 6 weeks of workouts.

Weights will be light and endurance based reps.

You are encouraged to do a minimum of 4 workouts per week; Two running & two core/weights (you should also be playing once and running 30-45mins one other day)

These workouts should start on Jan 1 and continue up to the first training camp...

The first camp will have a 'beep/shuttle test' (this is an objective way of determine your aerobic capacity and ability to tolerate high levels of lactate). This test protocol has been attached to this document , so you can use it to practice before you are tested....

There is no excuse not to be prepared!

General information

Strength/ core Workouts

You will need ...

1. Dumbbells,
2. Step/stairs
3. Rugby/touch ball

All strength workouts commence after..

- 10 minute of aerobic work,
- 5 minutes of jump rope and
- 5 minutes of stretching.

Every exercise in this first phase is done in the same work/rest ratio

- **45 sec of work ...followed by.... 15 sec of rest**

go through all the exercises (1-10) for that day ...take a few minutes rest and then...

- **repeat the entire exercise set 3 times**

This workout should take you 50-60mins

Running workouts

All running workouts are done after this warm up

Get used to it as this too will be expected and progressed at the first training camp

A. Warm up

Easy jog 2 minutes then lightly stretch your most tight muscles (hips back etc)

Set up a 20m line (or if you do this with a buddy/team , its two lines up each side). Place cones at the 5/10/15/20m left and right.

Instructions : Do each drill up to the 20m cone & turn outside the box and jog back in...

1. **Easy jog (s) swerving every 5m up to the 20m mark**
2. **butt kicks**
3. **hip circles**
4. **side skip** switching direction every 5 m
5. **hen pecking** (bow forward over a straight knee- hamstring stretch , hands reaching toward the ground - left/right)
6. **lunge** and twist upper body left and right
7. **imaginary dump** every 5m with good body position
8. **free fall onto hands**, do a pushup every 5m, step up and accelerate
9. **3 point start & sprint @ 80%** to 20m
10. **3 point start & sprint @ 100%** to 20m

Do this whole warm up routine twice...

increasing the intensity the second time....then start the running workout !