



**RUGBY REFEREES
ASSOCIATION**

WRRRA – Off-Season Training Programme

Indoor Conditioning Options

*Please be sure to complete a comprehensive warm up before beginning any 'moderate' or 'hard' exercise.

At a minimum, your warm up should include;

- 5min of 'light' activity/jogging.
- Dynamic stretching (calves, hamstrings, quads, glutes and groin)
- Include any extra stretching as you see fit!

BIKE OPTIONS

- 1) **20km Time Trial**) – Choose your own resistance level.
- 2) **40min Enduro** – Go as far as possible in 40mins. Record your distance
- 3) **Countdown Challenge (30mins)**

- 5mins @ level 7-10
- 5mins @ level 16-20
- 4mins @ level 7-10
- 4mins @ level 16-20
- 3mins @ level 7-10
- 3mins @ level 16-20
- 2mins @ level 7-10
- 2mins @ level 16-20
- 1min @ level 7-10
- 1min @ level 16-20

AIM = MAX DISTANCE Level 7-10 >120rpm Level 16-20 >60rpm

ROWING OPTIONS

- 1) **750calorie Row**. Record your time
- 2) **6km Time Trial**. Record your time
- 3) **2km Challenge**. *rest 3mins and repeat (x3). Aim to get within 20secs for all sets!

TREADMILL OPTIONS

- 1) **30min distance challenge** – run as far as possible in 30mins. Record your distance.
- 2) **2km Challenge** *Complete 2km as fast as you can - rest 3mins and repeat (x3). Aim to get within 20secs for all sets!



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