

## WRRRA – Off-Season Training Programme

### Self-Directed Conditioning Sessions Week #4

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

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!

### **A7** FIELD INTERVALS (approx. 40 MINUTES)

After completing the warm up....

- Run **4-5 x 340m** (outside of rugby field) at a quick pace, 85-90% max. speed
- Walk/jog recover for 2 min between each 340m lap
- Walk for 3-4 min to recover
- Run **5-6 x 170m** (halfway around the rugby field) at a quick pace, 90-95% max. speed
- Walk/jog recover for 90 seconds between each 170m lap
- 20 press ups then run hard for 2 min/2 min walk-jog recovery

Jog for 6 min to warm down and then stretch.

### **A8** TIMED DISTANCE CHALLENGE

**December 6<sup>th</sup> - 7<sup>th</sup> weekend training session**

Follow the warm up guidelines above before beginning this session.

From a predetermined starting point, start your stopwatch and run in one direction along a road/track/path for 15-25mins (the duration will depend on your personal fitness capability). Aim to hold a 'steady' pace for the duration of the run.

- Rest for 3-4mins

Then start your stop watch again and head back along the same path to the 'starting point'. Try to reach the starting point in the same or less time.

- Cool down and stretch.



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