



**RUGBY REFEREES
ASSOCIATION**

WRRRA – Off-Season Training Programme

Self-Directed Conditioning Sessions Week #5

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

At a minimum, your warm up should include;

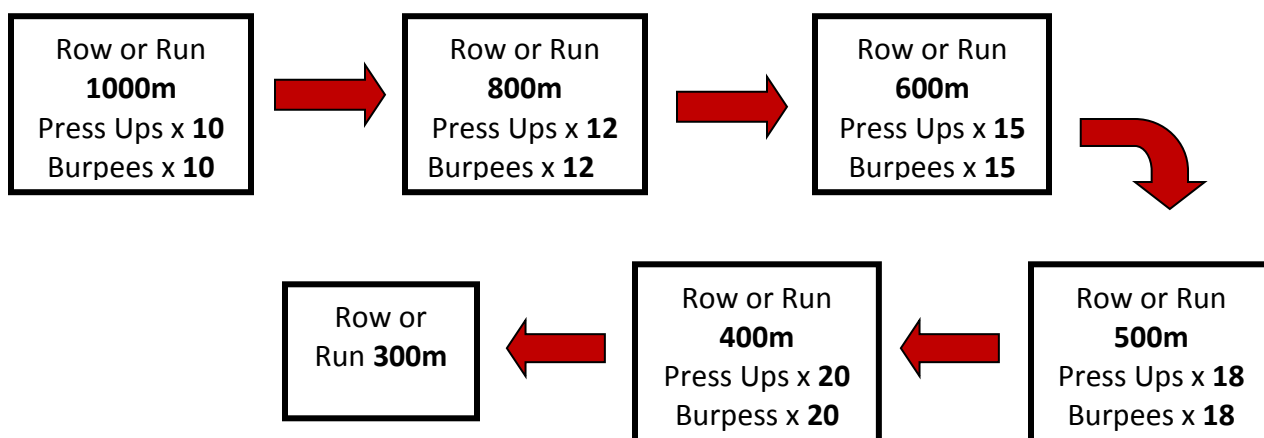
- 5min of 'light' activity/jogging.
- Dynamic stretching (calves, hamstrings, quads, glutes and groin)
- Include any extra stretching as you see fit!

A10 RAIDERS BLITZ

Record the total time taken to complete the entire session.

This session can be done at on a treadmill, a rowing machine or on a field.

<21min = Excellent, 21-24min = Good, >25min = Poor



A11 TIMED DISTANCE CHALLENGE

December 13th - 14th weekend training session

Follow the training protocols from the session last week (A9)

However, this time add 2mins to your 'run out' time.

Try to reach the starting point in the same or less time it took to get there

- Cool down and stretch.



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