

Pre-Season Rugby Training Routine: Strength, Aerobic & Anaerobic Fitness

Sunday: Gym (Heavy Session)

Exercise	Sets	Reps
Back Squats	5	5
Bent Over Row	5	5
Military Press	5	5
Bench Press	5	5
Deadlift	3	5
Clean and Press	3	15

Monday: Solo Cardio Fitness Work (Approx 50 Mins)

5 mins warm up, then:

Exercise	Sets
Rowing	10 x (200m max, 30 secs easy)
Bike	8 x (30 secs max, 90 secs easy)
Run	12-20 x (30 secs max, 30 secs easy)

Tuesday: Rugby Training Session

Alternative: Intervals (As Monday)

Wednesday: Gym (Lighter Session)

Exercise	Sets	Reps
Front Squats	3	8 (Half – 3/4 – Max)
Bench Press	3	8
Bent Over Row	3	8
Military Press	3	8
Farmers Walk	3	/
Planks	3	45 secs – 1 minute

Thursday: Rugby Training Session

Alternative: Intervals (As Monday)

Friday: Gym

Exercise	Sets	Reps
Back Squats	5	5
Clean & Press	5	5
Bent Over Row	5	5
Bench Press	5	5
Good Mornings	3	8
Pull Ups	3	Max

Saturday: Rest