

Conditioning for Female Rugby Players

Effective Preparation – Contact Preparation

- Four Week Contact Preparation Programme:

Week 1		Week 2		Week 3		Week 4	
Exercise	Sets x Reps	Exercise	Sets x Reps	Exercise	Sets x Reps	Exercise	Sets x Reps
Forward & Backward Bear Crawl	3 x 10m each	Lateral Bear Crawl	3 x 10m each side	Forward Wheelbarrow	3 x 10m	Backward Wheelbarrow	3 x 10m
Teddy Bear Rolls	3 x 3 each side	Backward Landing	3 x 5 reps	Triangle Roll	3 x 3 each side	Sideways Landing	3 x 5 each side
Deep Neck Extensor Curl	3 x 5	Deep Neck Flexor Nod and Lift	3 x 10secs	Deep Neck Flexor Nod with a Curl	3 x 5	Deep Neck Flexor-Extensor Nod Combo	3 x 1
Front Bridge from Knees	3 x 10 secs	Towel Hold in Four Planes	3 x 10secs each	Partner Neck Bridge Back	3 x 10secs	Bear Crawl Towel Holds	3 x 5m each side
Partner Nudges	3 x 5 each side	Triangle Impulse	3 x 20secs	Half Grapple	3 x 15secs	Full Grapple	3 x 15secs
Drop Height and Fight	3 x 5	Static Pre-Loaded Tackle	3 x 5	Lying Start Tackle	3 x 5	Landing Touch	2 x 3min Game