

Conditioning for Female Rugby Players

Introductory Components of Resistance Training – Sample Programme Examples

- **Gym based Session for an experienced Senior Adult Female Rugby Player:**

Warm Up				
Exercise			Reps	
Exercise Bike			5 mins	
BW Squat			10 reps	
BW SL RDL			5 reps e/s	
BW Split Squat			5 reps e/s	
Lying Hamstring Kicks			5 reps e/s	
90-90 Hip Rotations			5 reps e/s	
Countermovement Jump			2 sets x 5 reps	
Pogo Hops			2 sets x 10m	
Main Session				
	Exercise	Sets x Reps	Load	Rest
A1	Trap Bar Deadlift	4 x 5	75-85% 1RM	-
A2	DB Bench Press	4 x 5	0 RIR	90 secs
B1	BB RDL	3 x 3	85% 1RM	-
B2	Single Arm DB Row	3 x 5es	1 RIR	60 secs
C1	DB Reverse Lunge	3 x 5es	1 RIR	-
C2	Seated Shoulder Press	3 x 5	1 RIR	-
C3	Side Plank	3 x 20 secs es	-	60 secs
DB = Dumbbell, BB = Barbell, es = Each Side, 1RM = One Rep Max, RIR = Reps in Reserve, SL = Single Leg				