

Conditioning for Female Rugby Players

Introductory Components of Resistance Training – Sample Programme Examples

- Gym based Session for a Youth Female Rugby Player:

Warm Up			
Exercise		Reps	
Assisted Squat		10 reps	
Glute Bridge		10 reps	
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	
SL Hop and Stick		2 sets x 3 reps es	
Main Session			
	Exercise	Sets x Reps	Rest
A1	Counterbalance Squat	3 x 10	-
A2	Incline Push Up	3 x 10	60 secs
B1	SL RDL	3 x 8es	-
B2	Inverted Row	3 x 10	60 secs
C1	DB Split Squat	3 x 8es	-
C2	Half Kneeling Shoulder Press	3 x 8es	-
C3	Front Plank	3 x 45 secs	60 secs
DB = Dumbbell, es = Each Side, SL = Single Leg			