



WP Rugby Referees

November 2011 – January 2012



Intro

The content of this programme is a guideline and will give you some direction in order to condition yourself during the next \pm 12 weeks. I have kept the programmes extremely easy for everyone to understand. If you have specific questions send me an e-mail or give me a call at the details at the bottom of every page.

You can structure your week as you like as long as the following guidelines are followed:

1. Do not complete the same programme 2 days in a row.
2. Do not complete 2 Leg work-outs within 3 days. Leave at least 2 days between those workouts.
3. Follow an outline of basics and progressions and increase your training weights with 2.5 – 5kg if you can do more reps with the same weight for 2 sessions in a row.
4. Your nutritional lifestyle is as important as your training. Speak to a qualified dietician if you have a concern about your nutrition.

Four Week Resistance Training Progression

Week 1 – 3 x 12 – 15

Week 2 – 3 x 10 – 12

Week 3 – 4 x 6 – 10

Week 4 – 15, 12, 8, 6

- This is a recovery week.
- Only complete half the amount of sessions as in Weeks 1 – 3

12-Week Plan

	Week 1 – 3	Week 5 – 7	Week 9 – 11
Upper-body	2 – 3	2 – 3	1 – 3
Lower-body	2 – 3	2 – 3	1 – 3
Speed Endurance	1 – 2	2	2 – 3
Hypoxic	1 – 2	1 – 2	2
Jackhammer	0 – 1	0 – 1	1 – 2

Upper-body

** / = superset

Session 1

- Clap Push-ups 5,5,5
- BB Bench Press
- Seated Pulley Rows
- DB Incline Bench Press
- DB Bent-over Lateral Raises
- DB / BB Bicep Curls

Session 2

- Explosive Alternate DB Shoulder Press 5,5,5 per side
- Seated DB Shoulder Press
- Latt Pull-downs to chest
- DB Front Raise
- DB Lateral Raise
- Tricep Extensions

Session 3

- Medicine Ball Explosive floor throws 5,5,5
- Alternate DB Bench Press / DB One Arm Rows
- Alternate DB Shoulder Press / Latt pull-down to chest
- Push-ups / Pull-ups
- Bicep/ Tricep

Lower-body

** / = superset

Session 1

- Bunny Hop 2,2,2
- 4-Way Leg
- DB Step-ups
- Pezzi-ball Hamstring Curls
- DB Walking Lunges
- Seated Calf
- Standing Calf

Session 2

- Body-weight Jump Squats 3,3,3
- BB Back Squats
- Lying / Standing Hamstring Curls
- Single Leg Squat
- Skipping 300 in total

Jackhammer

- 6 x (6 Exercises, 6 reps of each plus 3min Cycling >85% effort)
- No rest from start to finish

Session 1

1. Push-ups
2. Burpees
3. Walking Lunges
4. DB Front Raise
5. DB Shoulder Press
6. DB Bicep Curls

Session 2

1. BB Back Squats
2. BB Front Press
3. BB Bent-over Rows
4. BB Deadlifts
5. BB Upright Rows
6. Burpees

Hypoxic

This is a swimming session and should be completed in a 20 – 25m pool.

1. Swim underwater for 1 length. If you run out of oxygen at any point before you have reached the other end come up for air and continue.
2. Immediately on completion of the first length come up for air and complete 1 length of free style. BUT, swim on the surface without breathing for as long as possible. If you run out of oxygen at any point before you have reached the other end come up for air and continue.
3. Walk 1 length as your recovery
 - Points 1 – 3 = 1 set
 - Complete 20 sets

Heartrate Speed Endurance (5m Shuttles)

3515m

Warm-up

Distance	Sets	Reps	Rest	Note
1600m Time Trial	1	1	120sec	
<ul style="list-style-type: none"> Record your time 				

Session

Distance	Time	Sets	Reps	Rest	Note
100m	Run every 60sec	3	3	120sec OR 75%	
Try-line to try-line					
15m Shuttles 0-5-0-10-0-15-0	Run every 30sec	3	3	120sec OR 75%	
You should complete every rep in 15sec maximum and allow yourself 15sec recovery.					
75m	Run every 45sec	3	3	120sec OR 75%	
Try-line to opposite 22m, jog through to try-line					
20m Shuttles 0-5-0-10-0-15-0-20-0	Run every 50sec	3	3	120sec OR 75%	
You should complete every rep in 25sec maximum and allow yourself 25sec recovery.					

Complete a set of 100m, 15m shuttles, 75m and 20m shuttles, REST to 75% and then start again

Heartrate Speed Endurance

3500m

Warm-up

Distance	Sets	Reps	Rest	Note
1600m Time Trial	1	1	120sec	
• Record your time				

Session

Distance	Time	Sets	Reps	Rest	Note
100m	Run every 60sec	3	4	120sec OR 75%	
Try-line to try-line					
75m	Run every 45sec	3	4	120sec OR 75%	
Try-line to opposite 22m, jog through to try-line					
50m	Run every 30sec	3	4	120sec OR 75%	
Try-line to half-way, jog through to try-line					
25m	Run every 15sec	3	4	120sec OR 75%	
Try-line to 22m, turn around and do the next rep towards the try-line					

Complete a set of 100m, 75m, 50m and 25m, REST to 75% and then start again

Heartrate Speed Endurance

2800m

Warm-up

Distance	Sets	Reps	Rest	Note
500m	1	1	120sec	
<ul style="list-style-type: none">Start at the try-line, run to the opposite try-line, back to the start, run to the opposite 22m, back to the start, run to the half-way line, back to the start, run to closest 22m line and back to the start.				

Session

Distance	Time	Sets	Reps	Rest	Note
100m	Run every 30sec	2	4	Running 30sec	
Try-line to try-line					
50m	Run every 20sec	2	20	180sec	
Try-line to halfway-line					

Complete a set of 100m, 50m and then start with the 100m again, followed by the 50m.