



Non-Contact ✓

Individual Training ✓

Suitable For Adults ✓

Public Health Measures around COVID-19 means we won't always be able to train the way we used to and there may be more of a focus on individual training.

This document outlines some options for rugby players who would like to find opportunities amid current restrictions to improve their fitness and develop their core skills.

These are suitable for training by yourself, virtually with your team mates or with members of your household in your own home. They could also be used for exercise within current travel restrictions.

Before undertaking any of this activity, please note the following:

- Match your level of effort to your level of fitness. Only be as active as you are able to be.
 - Take the time to warm up fully before any exercise.
 - Warming down after exercise will kick start your recovery and allow you to train safely more often.
 - You may not be playing, but you can always exercise with a ball in hand.
 - Quality is much more important than quantity in repetitive exercise – control is the goal!
 - Consider your overall training plan if using these exercises.
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- [Click here to download an IRFU Training Plan template.](#)
 - [Click here for more information on Performance, Injury Reduction & Return To Play After Prolonged Inactivity.](#)

SPEED, ACCELERATION & CHANGE OF DIRECTION

This is not a conditioning session. The aim of this session is to try and work on, acceleration, change of direction work at speed and reaching max velocity.

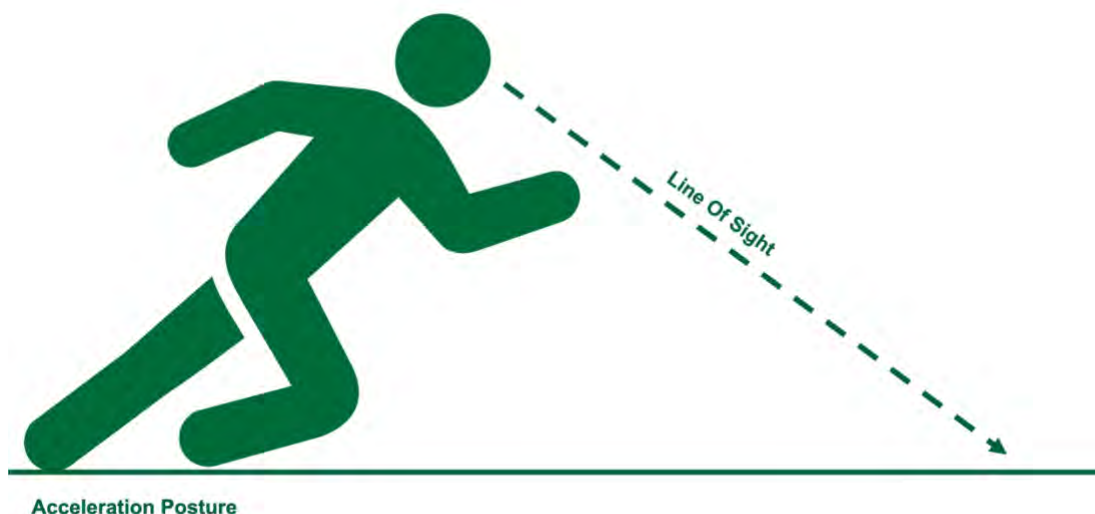
Remember:

- Complete full individual warm up first (pay attention to glute, hamstring, quad, groin, calf, knee stability, etc.)
- Finish warm up with 2-3 straight line or “S” line acceleration runs over 10-20m building up your pace.
- Make sure you use the full rest periods; the aim is to be as explosive and as fast as you can be in each drill.
- A house-hold member or virtual partner can help with change of direction work.

1

ACCELERATION

Remember this is not a conditioning session. 100% effort, but make sure to rest between the reps.



Posture should be like the picture at the start of each acceleration rep. Lift knees, drive the ground away. Try keep a straight line through shoulders, hip, ankle as you drive ground away.

LINEAR BOUNDS	REPS	REP DURATION	REP DISTANCE	REST	SETS
Long bound from one foot to the other in a straight line	2	Stick each landing for 2 secs	15m	Walk back to start	1
ACCELERATION	REPS	REP DURATION	REP DISTANCE	REST	SETS
	2	As fast as possible	5-10m (Tight 5) 15-20m (Back Rows & Backs)	60 secs	2

Rest 2 minutes between sets

2

MAX VELOCITY

Remember this is not a conditioning session. FAST effort, but make sure to rest between the reps.

- Sprint at 80% for 25-30m x1
- Sprint at 85-90% for 30-40m x1
- Sprint at 90-95% for 40m x1
- Sprint at 100% for 40-50m x2
- 60-90 sec rest after each rep
- If no way of measuring distance, sprint for time instead, e.g. 4-5 sec (30m), 6-7 sec (40m), 8-9 sec (50m)

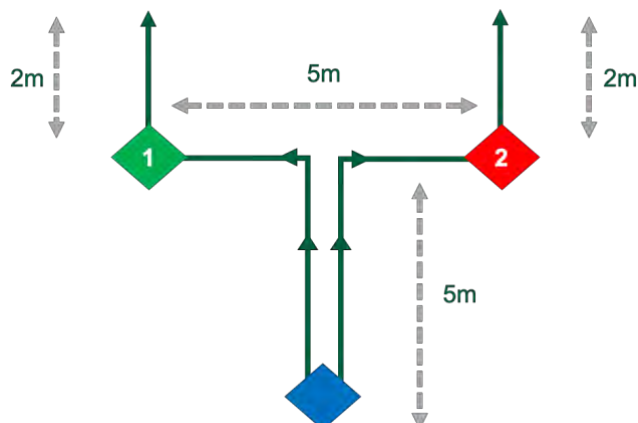
3

CHANGE OF DIRECTION

Remember this is not a conditioning session. 100% effort, but make sure to rest between the reps.

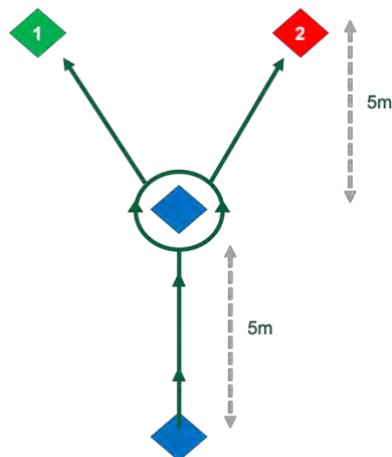
DRILL 1

1. Accelerate Forward
2. Partner To Call Colour/Number
3. Shuffle Lateral To That Marker
4. Accelerate Forward Again



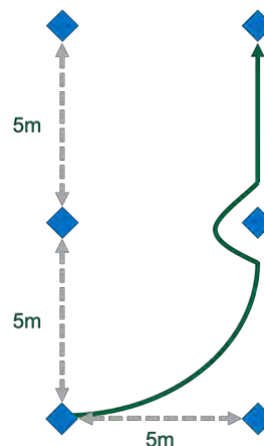
DRILL 2

1. Accelerate Forward
2. Step Partner Right Or Left
3. Partner To Call Colour/Number
4. Accelerate Diagonally To Marker



DRILL 3

1. Accelerate On Arc To Opposite Cone
 2. Step Cone
 3. Accelerate Forward
- (Repeat on both left & right = 1 Rep)*



Complete 2-3 reps of each drill

1 Rep = Left + Right

Option to run through once each then repeat, or drill 1 x 2-3, drill 2 x 2-3 then drill 3 x 2-3

30 – 40 Seconds Rest Between Reps