

Player Name:	Men's Rugby	Gender:	M	Cat:	
Team:	Boat	Prog.Name:	General Prep Cycle 1	Prog. Code:	0

Block Number	3
Block Start Date:	20/05/2019

Programme Aims:

Block Week:				Week 1	20/05/2019	Week 2	27/05/2019	Week 3	03/06/2019	Week 4	10/06/2019												
Session 1	Session Prep (0-5mins):			1) Overhead Walking Lunges (1 Length) 2) Overhead A Skips (x2 Lengths) 3) Anlking (x2 Lengths)																			
Exerise	Notes	Time Limit	Enter Data?	Working Sets	Reps	Target Load (kg)	Rest	Load Lifted (kg)	Working Sets	Reps	Target Load (kg)	Rest	Load Lifted (kg)	Working Sets	Reps	Target Load (kg)	Rest	Load Lifted (kg)	Working Sets	Reps	Target Load (kg)	Rest	Load Lifted (kg)
Squat				3	10	'2RS'	~2mins		3	8	'2RS'	~2mins		4	6	'2RS'	~2mins		3	8	'5RS'	~2mins	
RDL				3	10	'2RS'	~2mins		3	8	'2RS'	~2mins		4	6	'2RS'	~2mins		3	8	'5RS'	~2mins	
Bench Press				3	10	'2RS'	~2mins		3	8	'2RS'	~2mins		4	6	'2RS'	~2mins		3	8	'5RS'	~2mins	
Chin-Ups				3	10	'2RS'	~2mins		3	8	'2RS'	~2mins		4	6	'2RS'	~2mins		3	8	'5RS'	~2mins	

Session 2	Session Prep (0-5mins):			1) Overhead Reverse Curtesy Lunge 2x8-10 2) Hold and Hold (Eyes Closes) 8-10 3) Bunny Hops (x2 Lengths)																			
Exerise	Notes	Time Limit	Enter Data?	Working Sets	Reps	Target Load (kg)	Rest	Load Lifted (kg)	Working Sets	Reps	Target Load (kg)	Rest	Load Lifted (kg)	Working Sets	Reps	Target Load (kg)	Rest	Load Lifted (kg)	Working Sets	Reps	Target Load (kg)	Rest	Load Lifted (kg)
Bilateral Knee	Either: Squat/Front Squat/Leg Press			3	12	'3RS'	~2mins		3	12	'3RS'	~2mins		3	10	'2RS'	~2mins		3	12	'5RS'	~2mins	
Hip Dominant Exerise	Either: Deadlift/RDL/Hip Thrust/Spilt Squat			3	12	'3RS'	~2mins		3	12	'3RS'	~2mins		3	10	'2RS'	~2mins		3	12	'5RS'	~2mins	
Upper Body Push	Either: Bench/DB Bench/Military Press			3	12	'3RS'	~2mins		3	12	'3RS'	~2mins		3	10	'2RS'	~2mins		3	12	'5RS'	~2mins	
Upper Body Pull	Either:Chin-Up/Pull-Up/Bent Over Row			3	12	'3RS'	~2mins		3	12	'3RS'	~2mins		3	10	'2RS'	~2mins		3	12	'5RS'	~2mins	

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Block Week:		Week 1	20/05/2019	Week 2	27/05/2019	Week 3	03/06/2019	Week 4	10/06/2019

Session 3		Session Prep (0-5mins):		1) Overhead Reverse Curtesy Lunge 2x8-10 2) Hold and Hold (Eyes Closes) 8-10 3) Bunny Hops (x2 Lengths)																				
Exerise	Notes	Time Limit	Enter Data?	Working Sets	Reps	Target Load (kg)	Rest	Load Lifted (kg)	Working Sets	Reps	Target Load (kg)	Rest	Load Lifted (kg)	Working Sets	Reps	Target Load (kg)	Rest	Load Lifted (kg)	Working Sets	Reps	Target Load (kg)	Rest	Load Lifted (kg)	
Squat				3	12	'2RS'	~2mins		3	10	'2RS'	~2mins		3	8	'2RS'	~2mins		3	12	'5RS'	~2mins		
Deadlift				3	12	'2RS'	~2mins		3	10	'2RS'	~2mins		3	8	'2RS'	~2mins		3	12	'5RS'	~2mins		
Bench Press				3	12	'2RS'	~2mins		3	10	'2RS'	~2mins		3	8	'2RS'	~2mins		3	12	'5RS'	~2mins		
Chin-Ups				3	12	'2RS'	~2mins		3	10	'2RS'	~2mins		3	8	'2RS'	~2mins		3	12	'5RS'	~2mins		

Session 4		Session Prep (0-5mins):																						
Exerise	Notes	Time Limit	Enter Data?	Working Sets	Reps	Target Load (kg)	Rest	Load Lifted (kg)	Working Sets	Reps	Target Load (kg)	Rest	Load Lifted (kg)	Working Sets	Reps	Target Load (kg)	Rest	Load Lifted (kg)	Working Sets	Reps	Target Load (kg)	Rest	Load Lifted (kg)	
						0.00					0.00					0.00						0.00		
						0					0					0						0		
						0.00					0					0						0		
						0					0					0						0		
						0.00					0					0						0		
						0					0					0						0		
						0.00					0					0						0		
						0					0					0						0		

MDT Comments	Athlete	Technical
	S&C	Nutrition

	Physio		Pysch	
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