

Player Name:	Men's Rugby	Gender:	M	Position		Block Number	2
Team:	Men's Rugby	Prog.Name:	Summer Prep 2	Stage	0	Block Start Date:	05/08/2019

Programme Aims:

Season Week & Week Start Date:				Week 5	05/08/2019	Week 6	12/08/2019	Week 7	19/08/2019	Week 8	26/08/2019												
Session 1	Session Prep (0-5mins):																						
Excerise	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)
Primary DL Knee		10mins		3	5	'2RS'	~2mins		4	3	'2RS'	~2mins		4	2	'2RS'	~2mins		3	6	'5RS'		
Primary DL Hip		20mins		3	5	'2RS'	~2mins		4	3	'2RS'	~2mins		4	2	'2RS'	~2mins		3	6	'5RS'		
Primary Upper Body Hori Push		30mins		3	5	'2RS'	~2mins		4	3	'2RS'	~2mins		4	2	'2RS'	~2mins		3	6	'5RS'		
Primary Upper Body Hori Pull		40mins		3	5	'2RS'	~2mins		4	3	'2RS'	~2mins		4	2	'2RS'	~2mins		3	6	'5RS'		
Trunk				30s of: Side Plank L&R, Hi-Plank Shoulder Taps, Dish Hold, Groin Bridge L&R, Tempo Hammy Bridge L&R					40s of: Side Plank L&R, Hi-Plank Shoulder Taps, Dish Hold, Groin Bridge L&R, Tempo Hammy Bridge L&R					50s of: Side Plank L&R, Hi-Plank Shoulder Taps, Dish Hold, Groin Bridge L&R, Tempo Hammy Bridge L&R					20s of: Side Plank L&R, Hi-Plank Shoulder Taps, Dish Hold, Groin Bridge L&R, Tempo Hammy Bridge L&R				

Session 2	Session Prep (0-5mins):																						
Excerise	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)
Primary DL Hip		10mins		3	6	'2RS'	~2mins		3	5	'2RS'	~2mins		3	5	'2RS'	~2mins		3	6	'5RS'		
Static SL		20mins		3	6	'2RS'	~2mins		3	5	'2RS'	~2mins		3	5	'2RS'	~2mins		3	6	'5RS'		
Primary Upper Body Vert Push		30mins		3	6	'2RS'	~2mins		3	5	'2RS'	~2mins		3	5	'2RS'	~2mins		3	6	'5RS'		
Primary Upper Body Vert Pull		40mins		3	6	'2RS'	~2mins		3	5	'2RS'	~2mins		3	5	'2RS'	~2mins		3	6	'5RS'		
Trunk				Choose one excerise from each trunk category: 30-45s of each.					Choose one excerise from each trunk category: 30-45s of each.					Choose one excerise from each trunk category: 30-45s of each.					Choose one excerise from each trunk category: 30-45s of each.				

Player Name:	Men's Rugby					Gender:		M	Position						Block Number		2											
Team:	Men's Rugby					Programme Name:		General Prep Cycle 1			Prog. Code:	0			Block Start Date:		05/08/2019											
Block Week:					Week 5		05/08/2019		Week 6		12/08/2019		Week 7		19/08/2019		Week 8		26/08/2019									
Session 3	Session Prep (0-5mins):																											
Excerise	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)					
Primary DL Knee		10mins		4	5	'2RS'	~2mins		4	5	'2RS'	~2mins		4	3	'2RS'	~2mins		3	6	'5RS'							
Dynamic SL		20mins		3	8	'2RS'	~2mins		3	6	'2RS'	~2mins		3	5	'2RS'	~2mins		3	6	'5RS'							
Acc. Upper Body Hori Push		30mins		4	5	'2RS'	~2mins		4	5	'2RS'	~2mins		4	3	'2RS'	~2mins		3	6	'5RS'							
Acc. Upper Body Hori Pull		40mins		4	5	'2RS'	~2mins		4	5	'2RS'	~2mins		4	3	'2RS'	~2mins		3	6	'5RS'							

Session 4	Session Prep (0-5mins):																						
Excerise	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)