

Player Name:	Tomasz Pozniak	Gender:	M	Position/Cat:	0
Team:	Men's Rugby	Prog.Name:	Rugby MS2	Stage	2

Block Number	3
Block Start Date:	01/11/2019

Programme Notes: Session 1 - Friday; Session 2 - Saturday; Session 3 - Monday; Week 4 = deload

Season Week & Week Start Date:				Week 10		01/11/2019		Week 11		08/11/2019		Week 12		15/11/2019		Week 13		22/11/2019					
Session 1	Session Prep (0-5mins):			6-8 of each; Band Pull Down, Band Pull Apart, Internal Rotation, External Rotation, Hip Mobility, Ankle Glides/Hip, Thoracic Rotation																			
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)
Primary Upper Body Hori Push	Bench Press			4	7,6,5,5,				Profile		0.00			4	6,5,4,4,						0.00		
B/Tempo SL Calf Raises				3	10-15 e/s						0.00			3	10-15 e/s						0.00		
Primary DL Knee	Back or Front Squat			4	4	155.00			Profile		0.00			5	3	160.00					0.00		
B/TFL Mobility	Hip, Glute & Thoracic Mobility										0.00										0.00		
Primary Upper Body Hori Pull	Bench Pull			4	7,6,5,5				3	5	0.87			4	6,5,4,4,						0.00		
Russian Twist	Seated Russian Twist w/Plate			3	10 e/s				3	10-12 e/s				3	12 e/s						0.00		
Robustness B3				Hamstring Bridge Series; (a) DL 90 {x15-20}, (b) SL 90 {x10-15}, (c) DL LL {x 15-20}, (d) SL LL {x 10-15}, (e) Iso Hold {5 x 10" alternate}					Hamstring Bridge Series; (a) DL 90 {x15-20}, (b) SL 90 {x10-15}, (c) DL LL {x 15-20}, (d) SL LL {x 10-15}, (e) Iso Hold {5 x 10" alternate}					Hamstring Bridge Series; (a) DL 90 {x15-20}, (b) SL 90 {x10-15}, (c) DL LL {x 15-20}, (d) SL LL {x 10-15}, (e) Iso Hold {5 x 10" alternate}									

Session 2	Session Prep (0-5mins):			10" each Band Neck Holds, 20" Plank, 8e/s Side Plank Hip Lift, 8e/s Thoracic Rotation, 6-8 Wall Slides																			
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)
Acc. Upper Body Vert Push	A Position Single Arm Dumbbell Press			3	8 (uni)				3	8 (uni)				3	8 (con)						0.00		
Jump	Countermovement or Squat Jump			3	5 bw				3	5 (plate)				3	5 (bar)						0		
Primary DL Hip	Deadlift, RDL or Hip Thrust			3	5	92.50			Profile		0			3	4	97.5					0		
Plank Band Row				3	8 e/s						0			3	8 e/s						0		
Primary Upper Body Vert Pull	Pull Up / Chin Up Variation			3	6	0.00			Profile		0			variations		0					0		
Dish Hold w/Lateral Scissor				3	30"						0			3	30-40"						0		
Static SL	Split Squat or Bulgarian			3	8	0.80			3	7	0.83			3	6	0.85					0		
Side Plank Band Pull				3	10 e/s				3	10-12 e/s				3	10-12 e/s						0		
Robustness B3				30-60" of each; (a) Renegade Row, (b) Dish, (c) Bear Crawl Shoulder Taps, (d) Adductor Plank 2 x 15"-30" e/s, (e) Mountain Climbers					30-60" of each; (a) Renegade Row, (b) Dish, (c) Bear Crawl Shoulder Taps, (d) Adductor Plank 2 x 15"-30" e/s, (e) Mountain Climbers					30-60" of each; (a) Renegade Row, (b) Dish, (c) Bear Crawl Shoulder Taps, (d) Adductor Plank 2 x 15"-30" e/s, (e) Mountain Climbers									

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Block Week:					Week 10	01/11/2019		Week 11	08/11/2019		Week 12	15/11/2019		Week 13	22/11/2019								
Session 3		Session Prep (0-5mins):			20" Plank, 8e/s Side Plank Hip Lift, 10-15 DL Glute Bridge, 10-15 e/s Clams, 10 e/s Firehydrants, 8 e/s Thoracic Rotation																		
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)
Dynamic DL	Power Clean, Hang Clean or Squat Jump (70-80%)			3	6	0.80			3	6	0.75			3	6	0.70					0.00		
Jump	Countermovement Jump			3	5 bw				3	5 bw				3	5 bw						0.00		
Acc. Upper Body Hori Pull	Single Arm Dumbbell Row			3	8				3	8				3	8						0.00		
DL Row				3	30"				3	35"				3	40"						0.00		
Dynamic SL	Step Up into A Position (medium box) {70-80%}			3	6	0.80			3	6	0.75			3	6	0.70					0.00		
SL Glute Bridge				3	10-15 e/s				3	10-15 e/s				3	10-15 e/s						0.00		
Robustness B3				30"-60" of each; (a) Plank, (b) Mountain Climbers, (c) Side Plank R, (d) Side Plank L, (e) Dish, (f) Renegade Row					30"-60" of each; (a) Plank, (b) Mountain Climbers, (c) Side Plank R, (d) Side Plank L, (e) Dish, (f) Renegade Row					30"-60" of each; (a) Plank, (b) Mountain Climbers, (c) Side Plank R, (d) Side Plank L, (e) Dish, (f) Renegade Row									

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)

Work-On 1

#N/A

Additional Session Recommendation:

#N/A

Indiviudal Work-Ons	Work-On 2	#N/A
	Work-On 3	#N/A

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