



## **BUCCANEERS RFC PRE-SEASON CONDITIONING PROGRAM**

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### **RATIONALE**

These are progressive workouts designed to simulate movements that are done in a game. The exercises consist of basic movements, however the way in which they are put together (the sequence) will challenge you especially if done with intensity.

Priority = Do this training first

\*\* If you are limited for time recommend to do half of each workout

### **TRAINING GUIDELINES**

- 1 – Focus on quality movements not quantity
- 2 – Remember to try and maintain a neutral spine (normal curve of the spine) and athletic stance throughout all exercise, Athletic stance = slight bend in the hips, knees and ankles with body weight on heels not on toes.
- 3 – Email/call Duane if you have questions or concerns:  
[Duane.Farrell@Forces.gc.ca](mailto:Duane.Farrell@Forces.gc.ca) or 705-627-1931

### **DAY 1**

Team Practice

(contact [captain@buccaneersrugby.com](mailto:captain@buccaneersrugby.com) for schedule/location)

- working on all components of (game) fitness

### **DAY 2**

Rest/Active rest to include light walk of 10-15 min plus stretching of main muscle groups, hold each stretch for 15-60 sec

OR Yoga

OR Massage



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### DAY 3

**Priority** – Plyometrics – do these moves with fast/explosive movements (begin and land in athletic stance – slight bend in the hips, knees and ankles)

**How** – do 10 repetitions of each jump. Do one rep at a time with 10 seconds rest in between each rep

#### 1 – Hulk jumps

Squat down and touch floor while keeping heels on floor, quickly explode forward/horizontally by swinging arms forward and extending the legs (*think – going through a ruck*)



#### 2 –Side squat

do 5 reps in each direction. Example – move from your right to your left by side stepping into a semi-squat then quickly jumping up (*think - making a side step then jumping up and competing for a ball in the air*)





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### **3 – Rotating squat jumps**

Squat down so legs are about parallel with the floor, jump up, rotate 180 degrees and land your feet in the same spot as you started, count this as one rep, do 5 reps each side (same jump as in #2 however do not move laterally, Jump straight up, add a rotation at the top of the jump)

#### **Plus:**

Long slow duration aerobic training = any combination of walking/fast walking/jogging/Running. This training should feel like an effort equal to about a 5-7 out of ten (or 50-70% effort), if ten is the hardest/fastest you can run. Aim for 20-40 min

## **DAY 4**

**Priority** – Speed training – 7-8/10 (70%-80% effort).

Warm-up with a light jog for 3-4min at 50% then 2-3 min at 60%. Then maintain the 70-80% running effort for 15-25 min. To work on your lateral step by every 4-5 strides change direction slightly with lateral/stutter-step. Do this an equal amount of time for each leg. Cool down with 5 min jog for 4 min, 2 min walk at a minimum.

#### **Plus:**

Core exercises/drills – Work on keeping hands under shoulders, flat back (imagine balancing a tennis ball on your back, avoid large rotations). Flex abdominal, back and glute muscles as if you were bracing for a punch in the stomach or like you are holding in number 2. Do all exercises under control.

**Do all exercises once in order then try to repeat 2-4 times. Aim to hold the planks for 15-60 seconds. Start with the easiest option, from the left and only progress to the harder options once you can hold the easier option for 30 seconds without much difficulty.**



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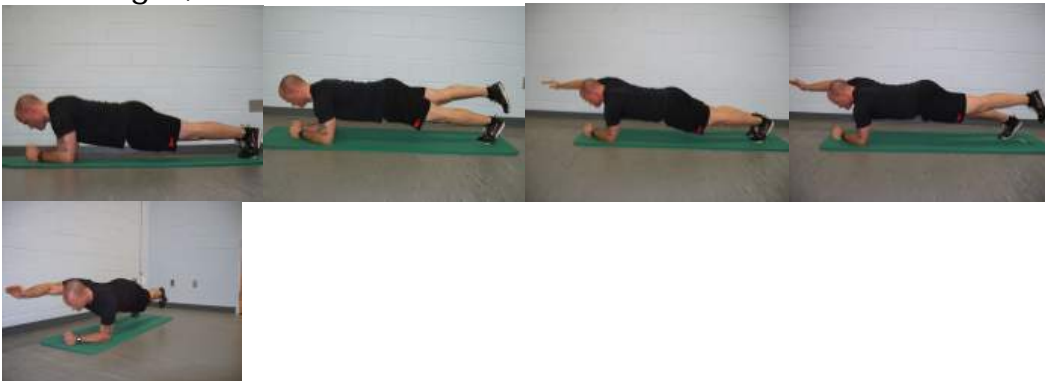
**Inch worm:** from standing place hands on the floor, walk your hands out until you are in a push-up position then walk your hands in. aim for 5-10 reps in a row



**Side plank:** On your side place hand under shoulder, raise hips, and pivot off feet. The options below go left to right, easiest to hardest



**Front plank:** rest on your toes and forearms. The options below go left to right, easiest to hardest





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**Rear plank:** use your heels as a pivot, bend knees to 90 degrees, hips up, shoulders are pivot point. The options below go left to right, easiest to hardest



### DAY 5

**REST or Metabolic training** – training that forces you to work hard while being fatigued

**How** – do each exercise for 15-60 seconds. This is not about how many repetitions; rather it is about working for a time frame. Transition to the next exercise with little or no rest (little rest = 5-15 secs to catch your breath). The goal of this workout is to put in an all out effort, it should feel like about a 90-100% effort while maintaining proper form, see guidelines at the top of the document.

Warm-up with a 4 min jog at 50-60% effort, followed with 30-45 sec of a skipping movement (skipping with a rope if you have it if not just do it without the rope) followed by 4 inch worms, 30 second front plank, 4 low intensity squat jumps

#### **#1 – Skipping (any method)**





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### #2 - Spiderman crawl



### #3 - High knees with arms on the spot



### #4 – Split lunge jump



### #5 – Skipping (any method)





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### #6 – Crab walk

get in this position and move in the direction your feet are facing



### #7 – Butt Kickers



### #8 – Side shuffles

go 4 shuffles in one direction then 4 back and repeat for the time you have chosen



### #9 – Up-downs

Start standing, get down into a low push up position stand back up and then lower into a squat then lay on your back on the floor, get up and repeat alternating front and back for time.





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### #10 – Jumping jacks



## DAY 6

Sprints to simulate game scenarios of sustained effort - try to be exact with the work to rest timings to increase your ability to produce effort under fatigue

**\*\*\*For all workouts DO NOT hold your breath, remember to breathe on effort!!\*\*\***

Warm-up with 5-10 min easy jog, 50-60%, plus 20 butt kickers, 20 high knees, 20 side shuffles (travelling left and right) then do 2 sets of 10 walking lunges, followed by 6 accelerations of 10-20 metres as follows 2x 60%, 2 x 70%, 2 x 80%

**How** – Running straight ahead, start in a crouched position like you are getting up from tying your shoe, run at 80-90% effort for 25-55 seconds then recover by a light jog 40-50% effort or a fast walk for a ratio of 1:3 work to rest ratio

Example – if you sprint for 30 seconds you would recover for 3x that work time, so 90 seconds recovery

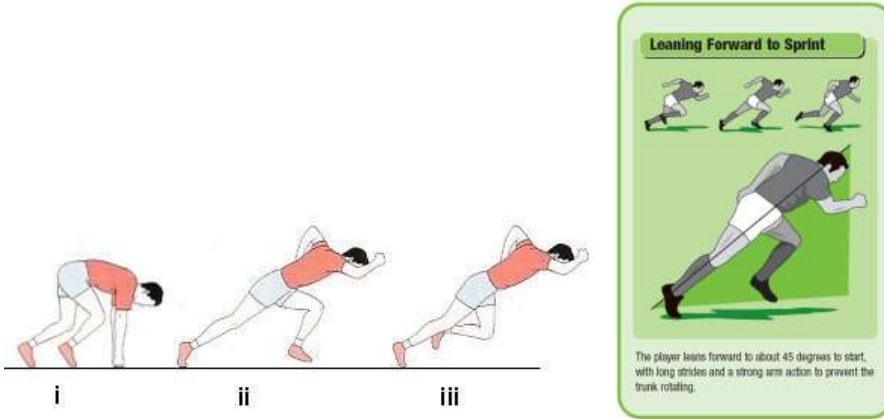
Plus: same drill as above except you sprint for 6-10 seconds, recover for 4x the work time

Example – 6 second sprint = 24 second recovery



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### Start position choices:



### Plus:

Strength endurance training

- there are 3 movements (Chin-ups/push-ups/wall handstands) to do with a number of options for each move. Do an option for each of the 3 movements for 8 working sets, 20 secs of work with 10 seconds of rest. Try and do a consistent number of reps in each working set.

Example – Do 20 seconds of chin-ups, rest 10 seconds, do another 20 seconds chin-ups, rest 10 seconds for a total of 8 working sets. Then rest 2 MINUTES and begin the next exercise.

### Exercise choices:

**Chin-ups/Pull-ups** – You may need to buy a solid shower curtain(first pic) to wedge in a door frame or buy a chin-up system from Sportchek.

*\*\*If you can't do a chin-up or pull-up jump up so that your chin is above or at bar height and lower down as slow as you can. This will help build those untrained back muscles. This exercise is very important to balance out the push-ups and exercises that target the front of the body. Also, a strong back is very beneficial in withstanding the impact of tackles. \*\**



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**Push-ups** – Keep your back flat (imagine balancing a tennis ball on your lower back) for any of these options. Also, lower down so your upper arm is parallel with the ground and your eyes are facing down, not looking up.



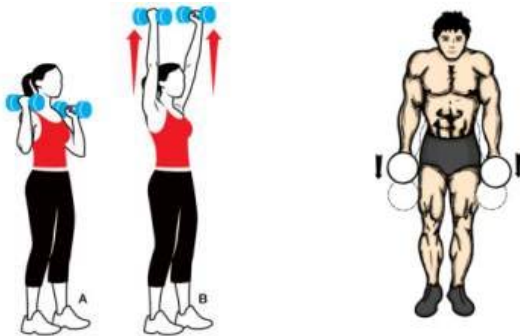


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**Modified Handstand shoulder press**— the picture shows the guys head up, try and keep your head neutral, the same position as if you were standing up straight.



If you do not feel comfortable with this, try shoulder press with a weight (windshield washer fluid jugs/grocery bag with cans in it etc) you can press overhead for 8-12 reps or shrug for the same reps.



### DAY 7

Rest/Active rest to include light walk of 10-15 min plus stretching of main muscle groups, hold each stretch for 15-60 sec

OR Yoga

OR Massage