

Drummoine District Rugby Football Club Inc

Established 1874 | Inc Number Y2955641

**Week 1-2 (Volume)****Starting April 27th****Monday****Upper Body 1****Session 1****Session 2**

Chest Press/ Push Ups

3x12

3x15

Bent Over Row/ W Pulls

3x12

3x15

Shoulder Press/ Rock Press

3x12

3x15

High Pulls/ Banded

3x12

3x15

Strict Bicep Curls/ Banded Curls

3x12

3x15

Seated Dips

3x12

3x15

Tuesday**Sprint 1****Session 1****Session 2**

Warm Up, Stretch

40 m high leg jumps (use arms as well)

40 m, high legs, slow pace (use arms as well)

40 m, high legs, fast (use arms as well)

4 rounds

5 rounds

40 m, 75%

40 m, 100%

Wednesday**Core 1****Session 1****Session 2**

Toe Taps

3x15

3x20

Bicycle Crunches

3x30

3x40

Leg Raises

3x15

3x20

Russian Twists

3x30

3x40

Turkish Sit Ups

3x15

3x20

Butterfly Kicks

3x30

3x40

Thursday**Sprint Session 2****Session 1****Session 2**

Warm Up, Stretch

40 m, high leg, slow forward movement

4 reps

5 reps

40 m, bounders

4 reps

5 reps

40 m, high speed leg movement, slow forward motion

4 reps

5 reps

30 m flat out

4 reps

5 reps

15 m flat out

4 reps

5 reps

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Friday & Sunday

General Stretching 1

Posterior Nerve Slider	2 sets, 5 reps	2 sets, 5 reps
Hamstring Stretch (Belt)	2 sets, hold 30 sec	2 sets, hold 30 sec
Lower Back Rotation Stretch	2 sets, hold 30 sec	2 sets, hold 30 sec
Glute Stretch	2 sets, hold 30 sec	2 sets, hold 30 sec
Hip Flexor Stretch	2 sets, hold 30 sec	2 sets, hold 30 sec
Thoracic Extension (Foam Roller)	2 sets, hold 30 sec	2 sets, hold 30 sec
Lat Stretch	2 sets, hold 30 sec	2 sets, hold 30 sec
Pectoralis Stretch (Wall)	2 sets, hold 30 sec	2 sets, hold 30 sec
Thigh Release (Foam Roller)	30 sec	30 sec
Hamstring Release (Foam Roller)	30 sec	30 sec
Hip Adductor Release (Foam Roller)	30 sec	30 sec
Calf Release (Foam Roller)	30 sec	30 sec

Hip Specific Mobility 1

2 rounds of the below

	Session 1	Session 2
Child's Pose	30 sec	30 sec
Downward Dog	30 sec	30 sec
Upward Facing Dog	30 sec	30 sec
Downward Dog	30 sec	30 sec
Deep Lunge / Back Knee on Ground (left leg round 1, then right leg for round 2)	30 sec	30 sec
Downward Dog	30 sec	30 sec
Pigeon Pose (left leg round 1, then right leg for round 2)	30 sec	30 sec
Downward Dog	30 sec	30 sec
Rotated Side Angle (left leg round 1, then right leg for round 2)	30 sec	30 sec
Downward Dog	30 sec	30 sec

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Saturday

Sprint Session 3

Warm Up, Stretch

20 m flat out

40 m flat out

60 m flat out

40 m flat out

20 m flat out

Session 1

4 reps

4 reps

4 reps

4 reps

4 reps

Session 2

5 reps

5 reps

5 reps

5 reps

5 reps

