

## Chicago Westside Condors RFC

### SPEED, AGILITY & QUICKNESS PROGRAM (Spring 2005)

#### Purpose

- To develop optimal levels of speed, agility and quickness for performance in Rugby.
- Ensure all necessary elements of conditioning are addressed to meet the unique demands of Rugby
- Injury prevention and performance enhancement.

#### Overview of Training program

- Train smart – make efficient use of what time you have. Do not train what you want, but rather what you need [your weaknesses and games demands]
- Train slow, be slow!! Going for 5mile steady runs is great if you are a 5mile competitive runner. Rugby is not this.
- Rugby is a multi-dimensional, variable, chaotic sport thus your SAQ must reflect that. Some important points to remember when you train:
  1. Average distance covered in a high level game is 3 – 5 km through repeated bouts of near maximal intensity sprints and many bouts of active recovery. Why train more than this distance?
  2. Rarely do we run in a straight linear direction or indeed unopposed. If you do not train to run backwards, sideways and rotationally you will not perform that way.
  3. Minimize [or stop] running around tracks and on treadmills. This does not prepare your body for the impact and forces of cleats and grass. Train in your cleats on grass!
  4. You would be amazed how many ankle injuries / hamstring injuries /groin injuries occur from not training in the manner in which you play [i.e. cleats and on grass in variable directions].
  5. Intensity and focus must be your priority. More is not better. Train fast, be fast! You can fatigue just as easily at 75% intensity [if you do enough of it] as at 100% intensity. Rugby is not won on 75% effort.

### Main focus for Rugby SAQ:

1. Acceleration.
2. Deceleration.
3. Reaction time.
4. Change of direction.
5. Starting ability.
6. Speed endurance.

**Note:** *maximum speed / velocity are rarely achieved in rugby for most positions and thus should only make up a minor percentage of your training.*

**Note:** *speed endurance is important only to prevent you from slowing down after repeated short sprints. Again do not over emphasize this in your training.*

### Integrated speed training incorporates.

- **Straight ahead speed.**

Ability to move components of the body through a range of motion in the fastest possible time.

- **Agility [lateral speed].**

The ability to decelerate, stabilize, accelerate and change direction without the loss of speed, balance or body control.

- **Quickness [reaction time]**

The ability to have maximum force production in all directions through all movements whilst reacting to feedback, auditory, visual and kinesthetic without hesitation.

**THIS IS RUGBY!**

## SAQ TRAINING OUTLINE

The following is an outline of the minimal components of SAQ required for rugby training. This does not account for individually specific positions, injuries, goals, etc, but is the overall minimal skills necessary for a successful squad.

D1 rugby will demand that all club players maintain these levels of conditioning in order to be successful.

### AGILITY DRILLS:

1. T-Drill.
2. M-drill.
3. Zig-Zag Drill: outside leg cut
4. Zig-Zag Drill: outside leg cut & touchdown.
5. Zig-Zag Drill: outside leg cut & Ball pick and post.
6. Figure of 8's.
7. Hexagon drill: running parallel sides.
8. 5-10-5 drill.

3-4 sets [one set is both directions]

### QUICKNESS DRILLS [ladder drills]

1. 2-ins.
2. in-in-out.
3. 2-ins-2-outs.
4. out-out-in.
5. Ali Shuffles.
6. Carioca.
7. Side Shuffle.
8. Ice Skater.

3 sets [one set is in both directions]

### ACCELERATION WORKOUT.

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 1. Standing starts                | 4 x 30 meters.                |
| 2. Hill sprints                   | 4 x 40 meters.                |
| 3. Side shuffle to forward sprint | 4 x 10 [side] / 20 [forward]. |
| 4. Fall forward to sprint         | 4 x 30 meters.                |

### ABSOLUTE SPEED WORKOUT.

- |                                  |                               |
|----------------------------------|-------------------------------|
| 1. with a 10 meter running start | 4 x 40 meters.                |
| 2. Sprint / stride / sprint      | 4 x 60 meters [20 / 20 / 20]. |

## DECELERATION WORKOUT

1. Stop – starts
2. back sprints to stabilization.
3. Forward sprints to stabilization.

3 - 4 sets [each direction]

## SPEED ENDURANCE WORKOUT.

1. 300 meter shuttle                      2- 4 sets

- 6 x 50 meter sprint @ 85-90% of max with sport specific intervals with a 1: 1 / 1: 2 work to rest ratio.
- This means you sprint near max for 300 meters and every 50 is a change of skill, i.e. direction, hill, touchdowns, etc.
- However long you work [time taken] you actively rest for 1 – 2 times that. Example: sprint for 60s : rest for 60 – 120 s. rest is linear to intensity.

2. Treadmill speed endurance [intervals].

- Work rest ratio of 1: 2 / 1: 3 @ 85 – 90% of max.
- E.g 1. 60s : 120s x 6 repeats
- E.g 2. 30s: 90s x 8 repeats.
- Work phase should elicit fatigue within time frame allocated per interval or else increase intensity [speed].

3. Treadmill Speed Workout

| Speed [mph] | incline [%] | intensity [%] | work time | rest time |
|-------------|-------------|---------------|-----------|-----------|
| 7           | 5           | 50            | 30s       | 60s       |
| 7.5         | 5           | 70            | 30s       | 60s       |
| 8           | 5           | 75            | 30s       | 60s       |
| 9           | 7           | 85            | 20s       | 60s       |
| 10          | 10          | 90            | 20s       | 60s       |
| 11          | 10          | 90            | 15s       | 45s       |
| 12          | 10          | 90            | 15s       | 45s       |
| 13 - 15     | 10          | 95            | 10s       | 45s       |
| 13 – 15     | 10          | 95            | 10        | 45s       |

## SAQ

### PHASE 1: WEEKS 1-3

[July 12th – August 2<sup>nd</sup>]

#### Day 1:

- Straight ahead speed drills [choose 2 exercises]
- Quickness [choose 2-3 exercises]
- Agility [choose 2 exercises]
- Speed endurance : 300 meter drill
  
- Lift session 1\*

#### Day 2:

- Acceleration [choose 2-3 exercises].
- Deceleration [choose 2-3 exercises].
- Speed endurance: treadmill speed workout.
  
- Lift session 2\*

#### Day 3:

- Straight ahead speed drills [choose 2 exercises]
- Quickness [choose 2-3 exercises]
- Agility [choose 2 exercises]
- Treadmill speed endurance [intervals]
  
- Lift session 3\*

\* all lifts are described in the strength and conditioning program on the website. You must use the phases in sequence. These weeks correspond to the last 3 weeks of hypertrophy phase.

Lifts and SAQ workouts can be performed on separate days if time permits.