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# Stay Active!

Community Home Training Suggestions

**FOR AGES 12-16**

**PLEASE ENSURE THAT ALL SESSIONS ARE SUPERVISED BY A RESPONSIBLE ADULT**

# Training Levels

Which fitness level are you? Start off at a comfortable level and progress.

## FITNESS LEVEL 1

- Trains 1-2 times per week (Fitness or Rugby)
- Plays Rugby 1-2 times per month
- Has an inactive lifestyle

## FITNESS LEVEL 2

- Trains 3-4 times per week (Fitness or Rugby)
- Plays Rugby 2-3 times per month
- Has a moderately active lifestyle

## FITNESS LEVEL 3

- Trains 5 times or more per week (Fitness or Rugby)
- Plays Rugby 3 or 3+ times per month
- Has a very active lifestyle

If you are finding it too easy try adding a full set to each exercise.



# Training Frequency

Recommended number of sessions

## LEVEL 1 – per week:

2 x whole body circuits  
2 x fitness sessions

## LEVEL 2 – per week:

2 x whole body circuits  
2-3 x fitness sessions

## LEVEL 3 – per week:

2 x whole body circuits  
3-4 x fitness sessions

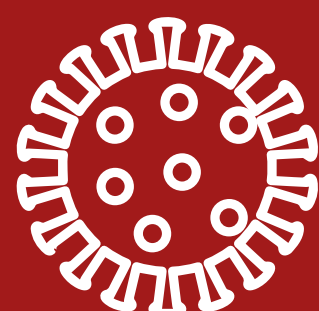
To help keep track of training time, you can use training apps such as Seconds Interval Timer.



# PLEASE ENSURE THAT ALL SESSIONS ARE SUPERVISED BY A RESPONSIBLE ADULT

This document contains fitness and strength training sessions which you can use to stay fit and active while you cannot play rugby.

The fitness sessions you will be able to complete on a rugby pitch (using the pitch markings), bike, rower or elliptical. The strength training sessions you will be able to complete at home with minimal equipment.



PLEASE FOLLOW ALL CURRENT GUIDELINES WITH REGARDS TO COVID-19 AND LOCKDOWN PROCEDURES. IF IT IS POSSIBLE TO TRAIN ON A PITCH WITH A MEMBER OF YOUR HOUSEHOLD WITH YOU FOR ANY RUNNING SESSIONS THEN DO SO.

## WARM UP

Warm up correctly and thoroughly – a guide is included in this document which you can use to piece together your warm-up



## HYDRATION

Make sure you have a bottle of water to hand at all times



## COOL DOWN

Ensure you stretch post-session for 5-10 minutes



## NUTRITION

Follow the nutritional advice to make sure you repair, recover and recharge your body



## CAUTION

If you start to feel any abnormal pain/discomfort/chest pain then stop immediately



## CAUTION

If you have any pre-existing injuries then either modify or choose a different exercise from the prescribed exercise list



## CAUTION

This programme would not be recommended if you are currently taking any prescribed medication or are pregnant.



## DISCLAIMER

This document is meant to be an information guide only and contains suggestions for exercises that you may find helpful and nutrition options for you to consider. You should only attempt to undertake any of the exercises if you are in good physical condition and are able to participate in exercise – you are strongly recommended to consult with your Doctor before commencing any exercise programme.

When participating in any exercise or exercise programme, there is a possibility of physical injury or damage to property. If you undertake any of the exercises included in this information guide, you do so voluntarily and at your own risk. The Welsh Rugby Union will not accept and you hereby waive and discharge the Welsh Rugby Union and anyone acting on its behalf from any and all claims or liability arising out of any injury suffered or damage caused to you or your property.

# Warm Up

A good warm-up will help you perform in your session, meaning you get better results, while also reducing your risk of injury. You should take approximately 10-15 minutes to warm up, ensuring you raise your body temperature and heart rate, activate key muscle groups and prime your body for the intensity of the session you are about to do.

A useful guide for running sessions is displayed below:

## RAISE TEMPERATURE

Aims:

- Increase body temperature
- Increase heart rate and blood flow
- Increase Respiration

Examples:

- Jog to the halfway line and back
- Side steps out 20 metres and back

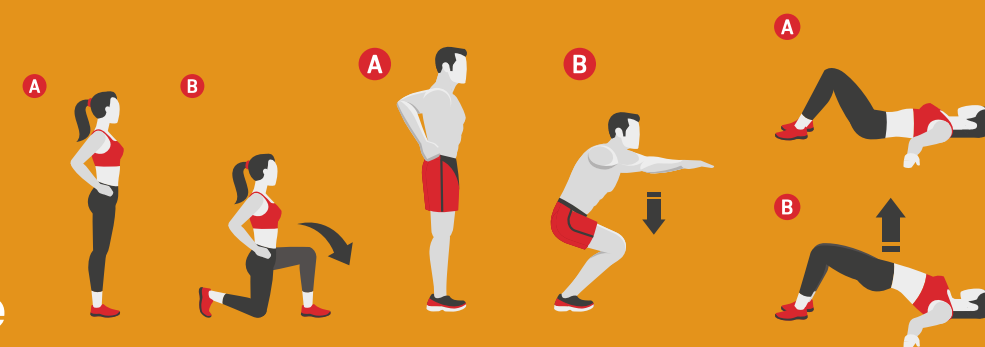
## STRETCH & MOBILISE

Aims:

- Activate key muscle groups
- Mobilise key joints and ranges of motion

Examples:

- Lunge walk
- Squats
- Glute bridge



## GET READY TO TRAIN

Aims:

- Prime the body for the session
- Increase intensity to the level of the session
- Increase performance

Examples:

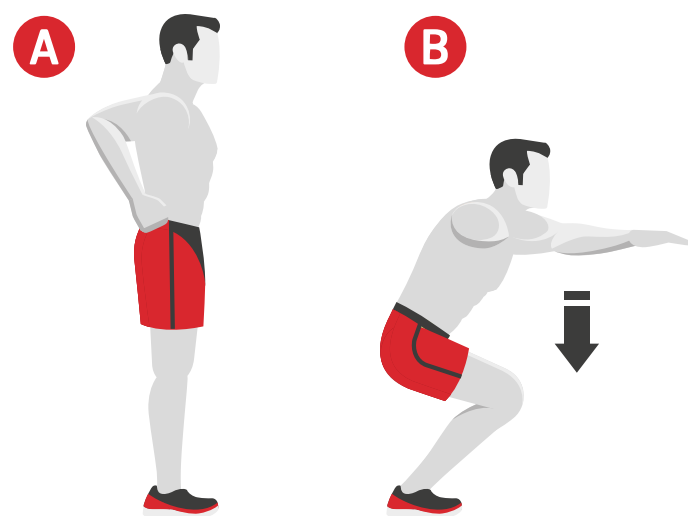
- High knee skips
- 10m accelerations from 60-80%

IT IS ALSO ADVISED TO PERFORM A SINGLE REP OF THE FIRST SET OF YOUR SESSION AT A SLIGHTLY LOWER INTENSITY, SO YOU ARE FAMILIAR WITH THE EXERCISE YOU ARE DOING.

# Exercise Information

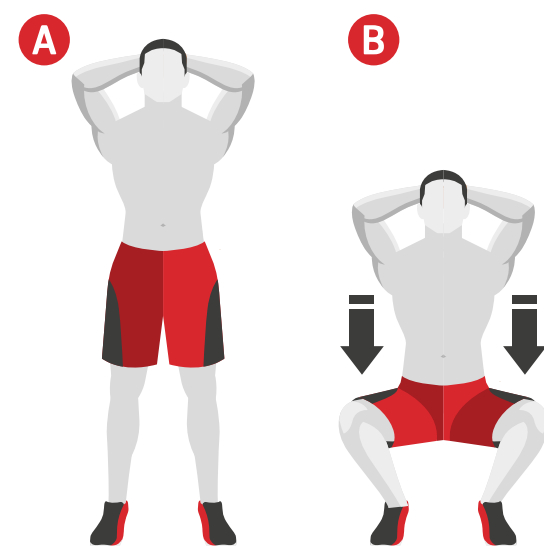
## Squat

1. Feet shoulder width
2. Knees in line with toes
3. Hips descend back and down
4. Hips below knees at bottom position
5. Keep heel, big toe & little toe in contact with floor throughout
6. Stand back up – extending hips and knees fully



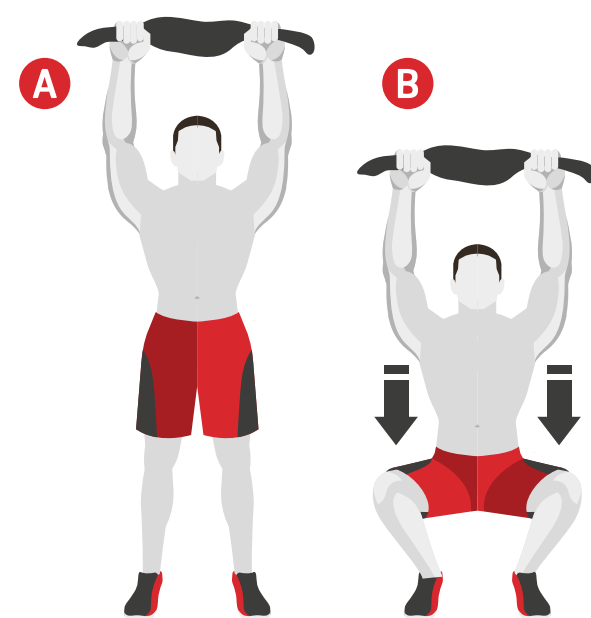
### LEVEL 1

Air Squat  
Arms Straight



### LEVEL 2

Prisoner squat,  
hands on head



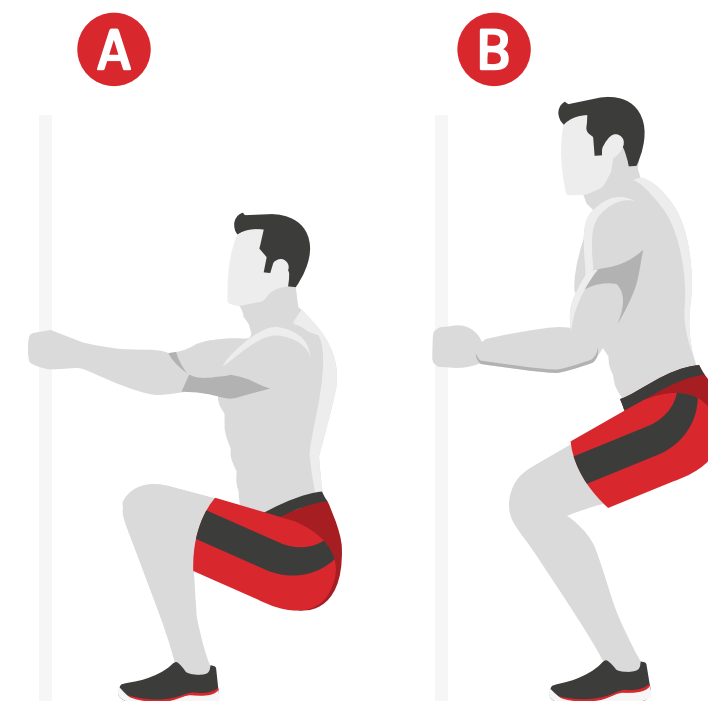
### LEVEL 3

Overhead towel squat

## Door Frame Row

1. Begin in front of a sturdy door frame.
2. Grasp the doorway with one arm
3. Shoulder width or slightly wider stance
4. Gently contract your abdominal / core muscles (bracing) to stiffen your torso and stabilise spine.
5. Keep back flat and head aligned with spine.
6. Pull your shoulders back and down
7. Slowly sit back.
8. Pull yourself into the doorframe.

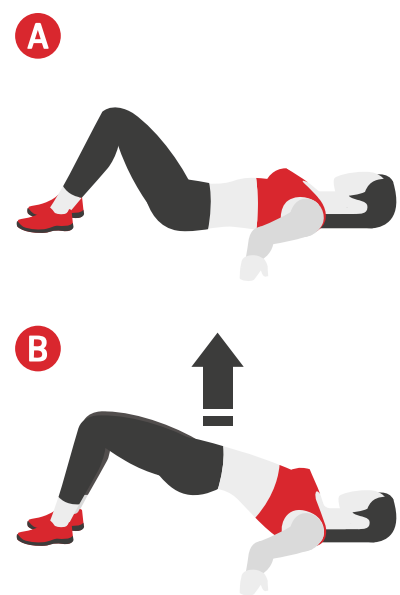
Go slowly and do not use momentum.  
It should take 2 seconds to lower down to a comfortable range.



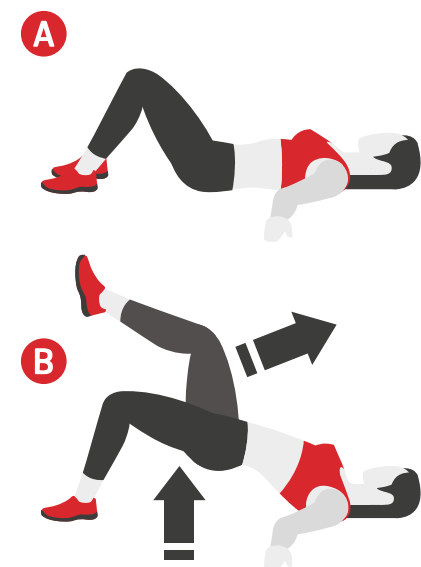
# Exercise Information

## Glute / hips / hamstrings

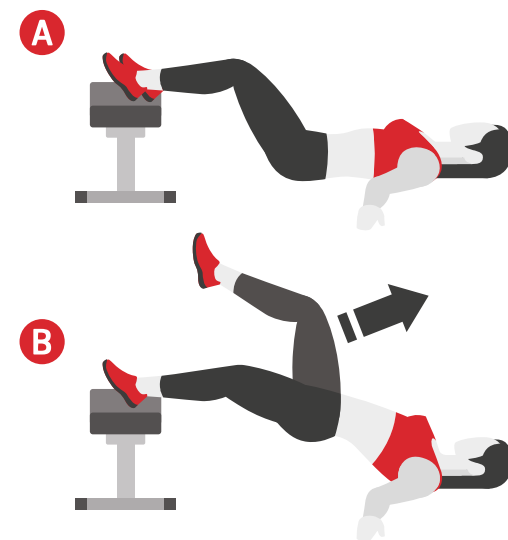
1. Lie on back with knees bent and feet flat on floor
2. Lift hips off ground until knees, hips and shoulders are in a straight line
3. Squeeze glutes hard and keep abdominals engaged to avoid overextending back during the exercise
4. Hold bridge position for 1-2 seconds before lowering back down



**LEVEL 1**  
Glute bridge,  
double leg



**LEVEL 2**  
Glute bridge,  
single leg



**LEVEL 3**  
Single leg hip  
extension.  
Almost straight leg,  
foot elevated

## Core – front plank

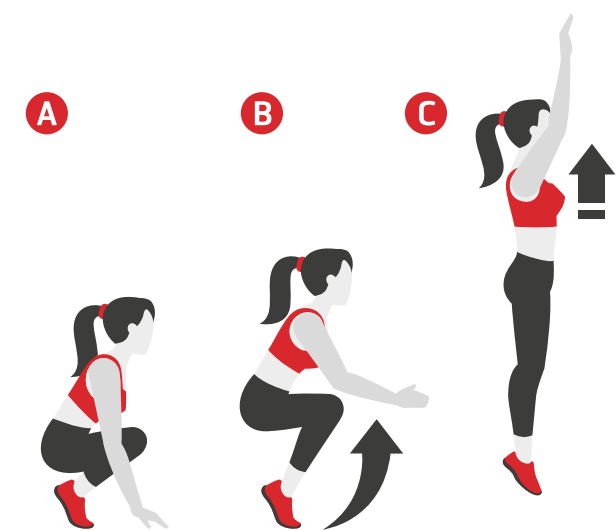
1. Lie face down with your forearms on the ground under your chest
2. Push up off your elbows, supporting your weight on the forearms. Tuck chin so your head is in line with the body and pull toes toward the shins.
3. Push your chest as far away from the ground as possible. Keep the bellybutton drawn in. Don't sag or bend
4. Hold static position for prescribed amount of time.



# Exercise Information

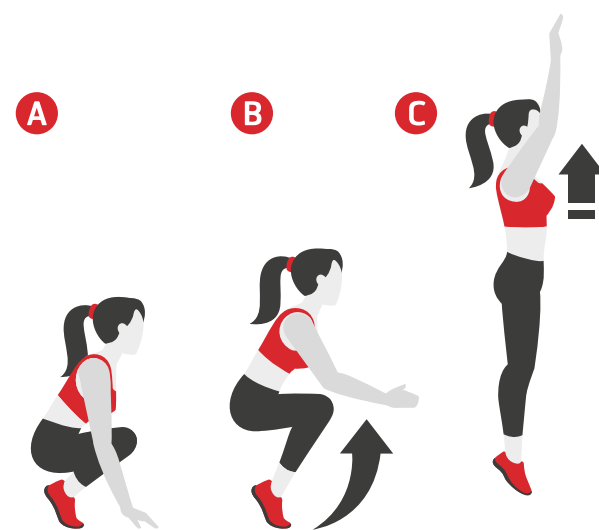
## Lower body power – vertical jump

1. Standing with feet slightly wider than hip width apart and hands behind head. Sit back and down into a half-squat position
2. Keep chest up during jump
3. Jump vertically as high as possible, extend hips completely during jump
4. Land softly in half squat position in a toes to heels fashion
5. Repeat for prescribed number of repetitions



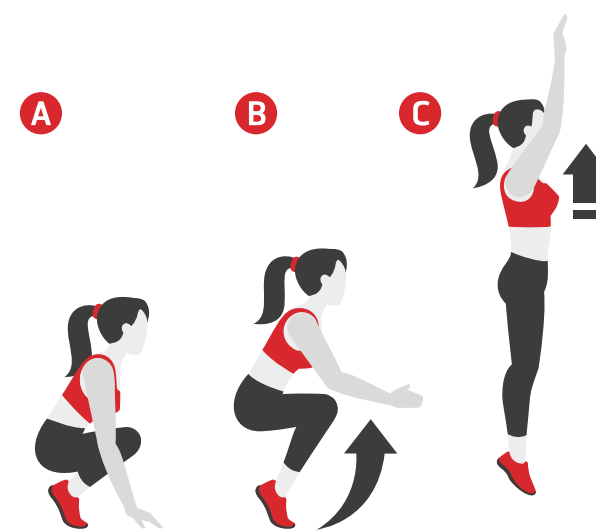
### LEVEL 1

Pause 3 seconds at bottom of movement (half-squat position)



### LEVEL 2

No Pause, hold landing position for 3 seconds

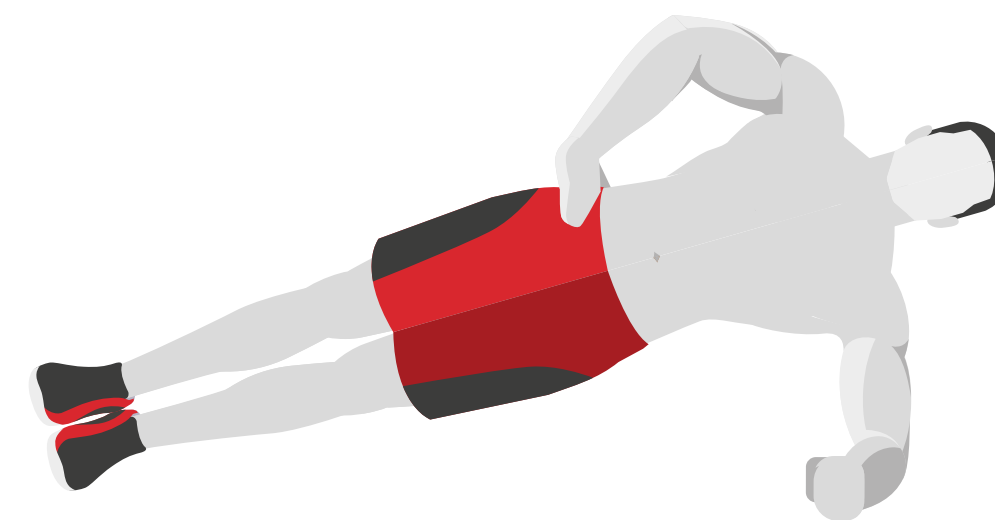


### LEVEL 3

Continuous Jumps, no pause at bottom of movement or landing

## Core – lateral plank

1. Lie on your side with your body in a straight line and your elbow under your shoulder.
2. Push the hip off the ground creating a straight line from ankle to shoulder and hold for prescribed time.
3. Switch sides and repeat

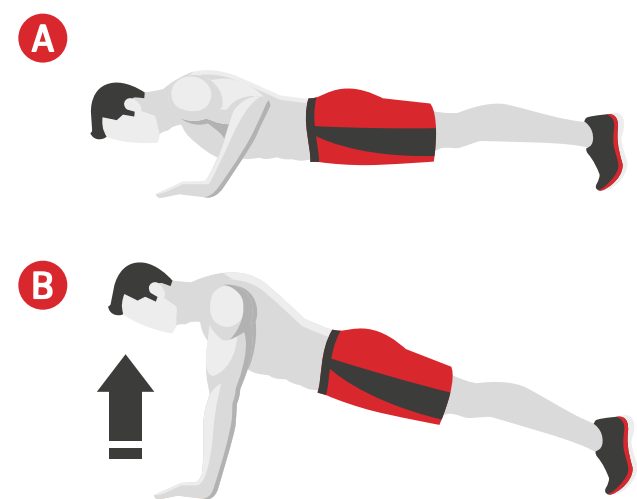




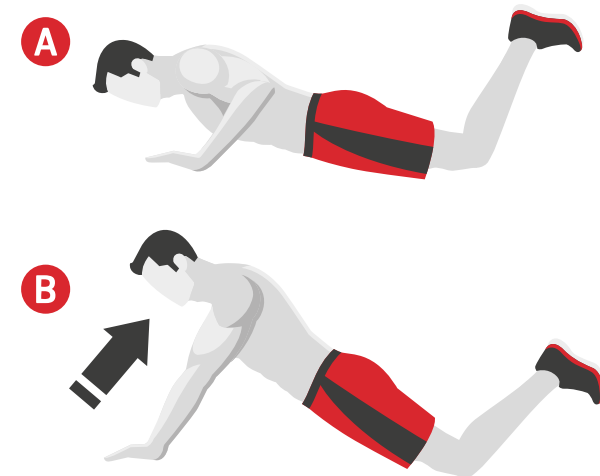
# Exercise Information

## Upper body push – press up

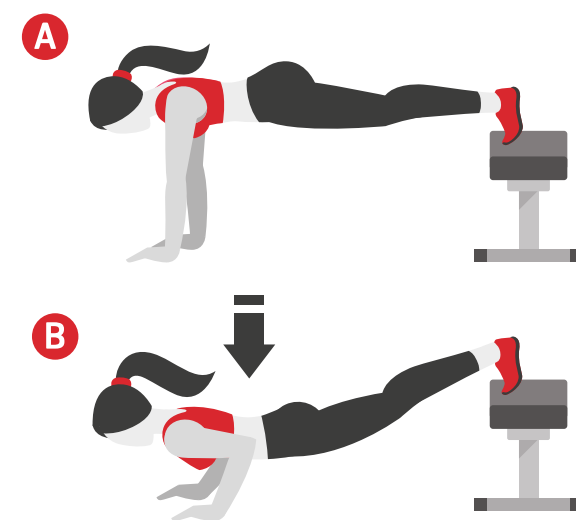
1. Lie on the floor with your elbows close to your sides and hands underneath your chest
2. Press up as one unit until your arms are straight. Lower yourself so your chest touches your hands while keeping your elbows close to your sides.
3. Keep your back and torso flat at all times
4. Repeat for prescribed number of repetitions



**LEVEL 1 & 2**  
Feet on floor



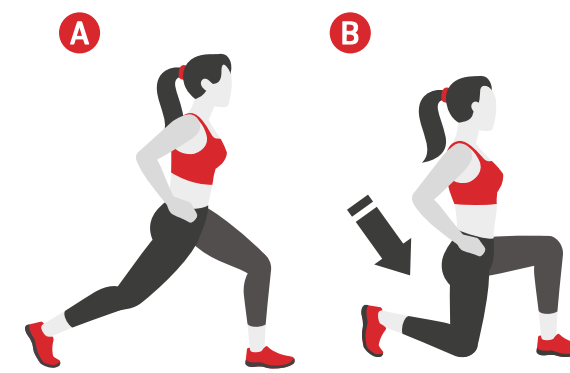
**LEVEL 1  
ALTERNATE**  
On knees



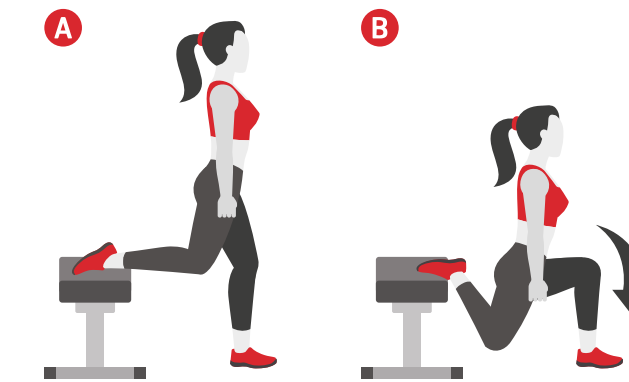
**LEVEL 3**  
Feet elevated

## Single leg – split squat

1. Step forward as if performing a lunge, heel of back foot should be raised
2. Keep Torso straight, knees in line with toes and lower until back knee nearly touches floor
3. Push back up to start position
4. Repeat for prescribed number of repetitions then switch legs



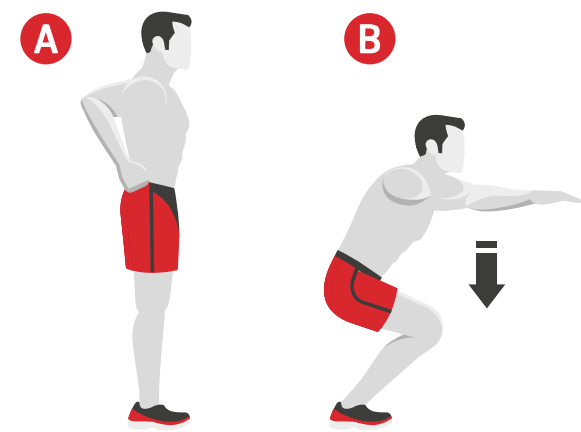
**LEVEL 1**  
Both Feet on Floor



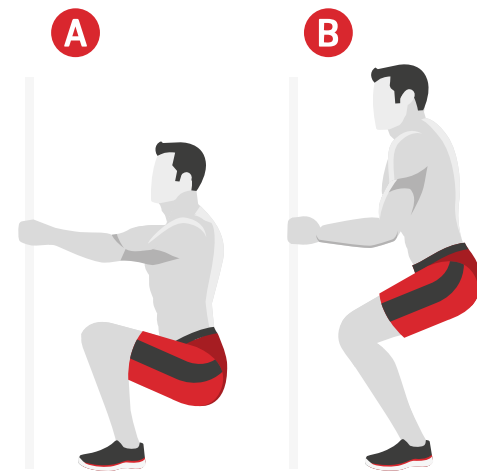
**LEVEL 2 & 3**  
Rear foot elevated

# Level 1 – U16 Bodyweight Circuit

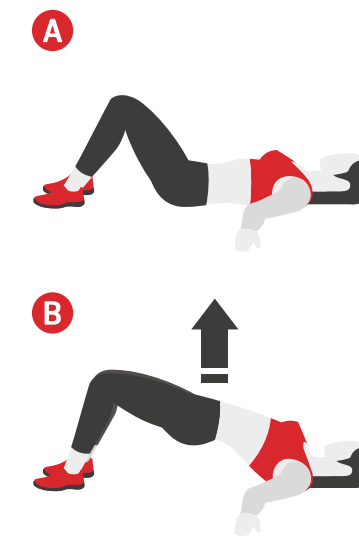
1. Perform 2-3 Circuits with 30 seconds rest between exercises.
2. Emphasis is on proper movement patterns and body control. If fatigue is causing a breakdown in technique stop the set and move on to the next exercise.



**AIR SQUAT**  
x 8



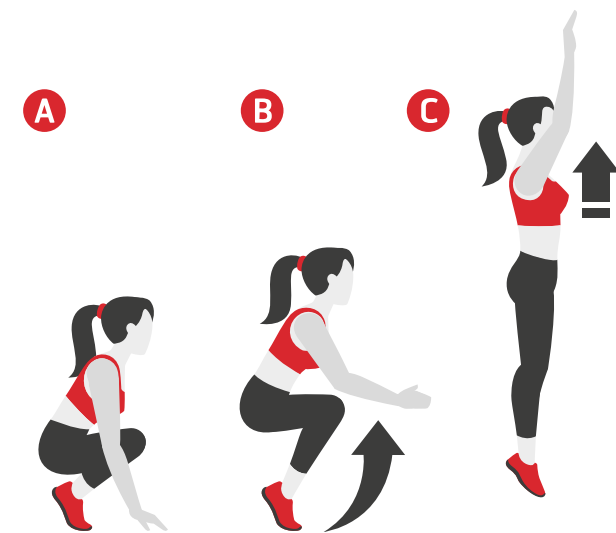
**DOOR FRAME ROW**  
x 6 each arm



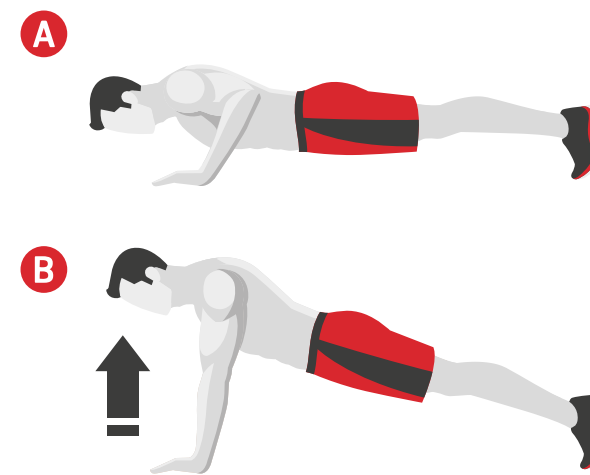
**GLUTE BRIDGE**  
x 10



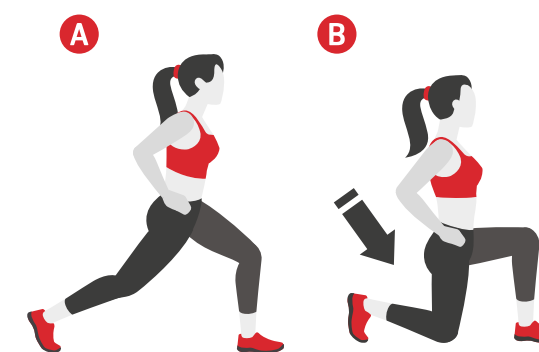
**FRONT PLANK**  
20 second hold



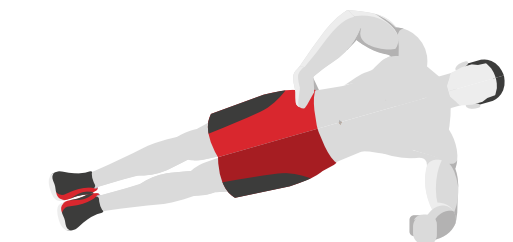
**VERTICAL JUMP**  
x 5 pause for 3 seconds at the Bottom



**PRESS UP**  
x 10



**SPLIT SQUAT**  
x 8 each side

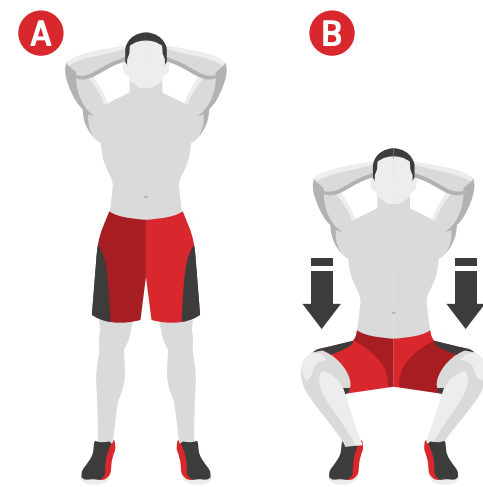


**LATERAL PLANK**  
10 second hold each side

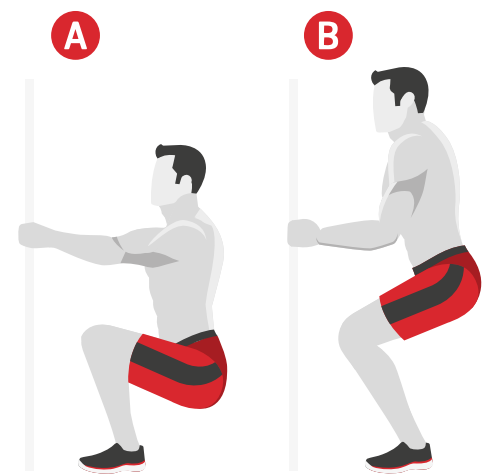
TAKE 2 MINUTES REST AT THE END OF EACH CIRCUIT

# Level 2 – U16 Bodyweight Circuit

1. Perform 2-3 Circuits with 30 seconds rest between exercises.
2. Emphasis is on proper movement patterns and body control. If fatigue is causing a breakdown in technique stop the set and move on to the next exercise.



**PRISONER SQUAT**  
x 10



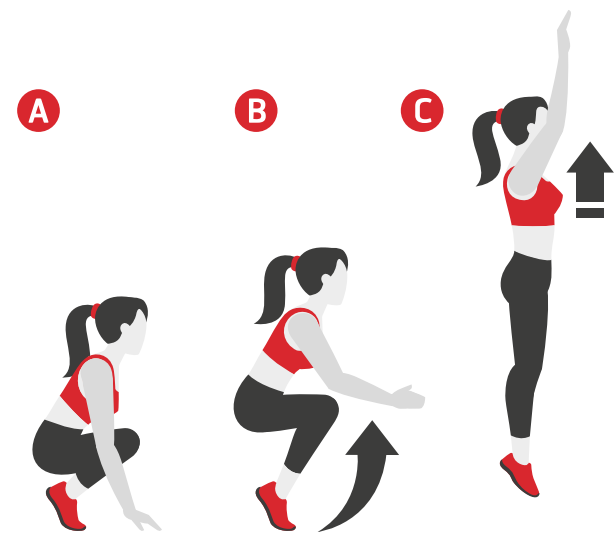
**DOOR FRAME ROW**  
x 8 each arm



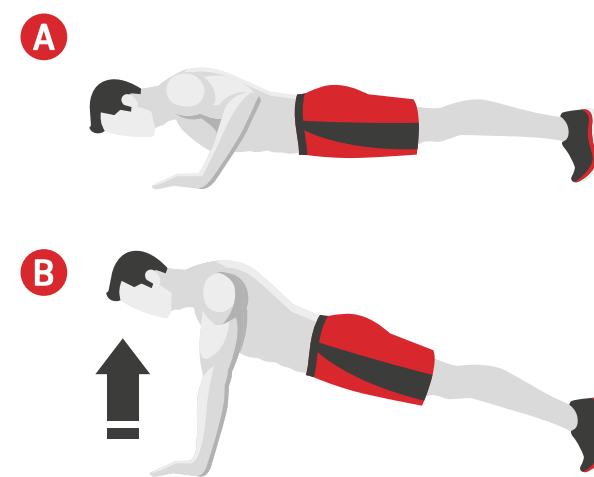
**SINGLE LEG  
GLUTE BRIDGE**  
x 10 each leg



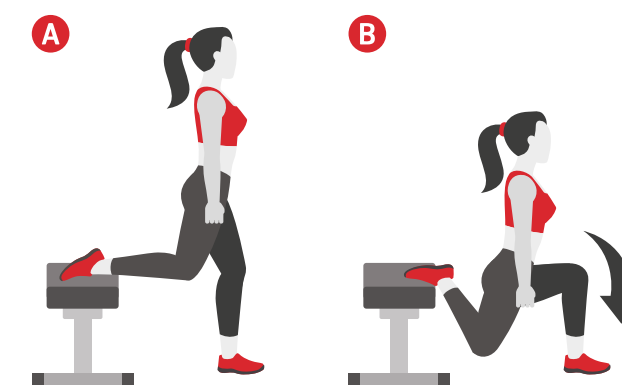
**FRONT PLANK**  
30 second hold



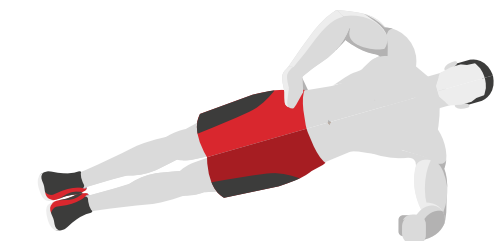
**VERTICAL JUMP**  
x 5 no pause, stick landing



**PRESS UP**  
x 10 – 15



**SPLIT SQUAT**  
x 10 each side, rear foot elevated

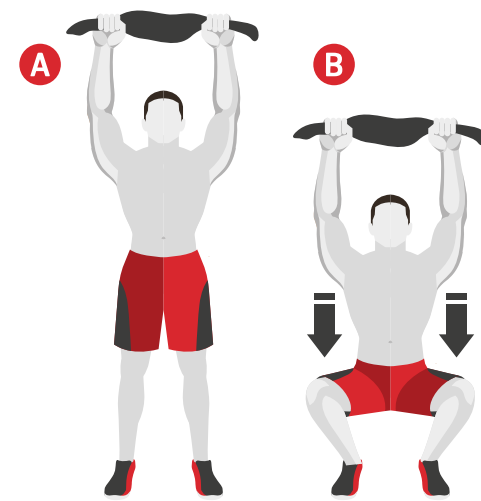


**LATERAL PLANK**  
20 second hold each side

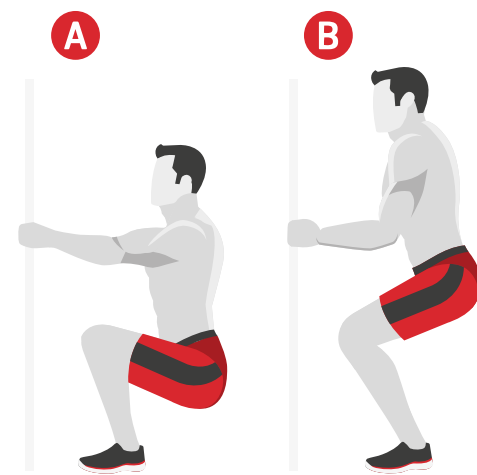
TAKE 2 MINUTES REST AT THE END OF EACH CIRCUIT

# Level 3 – U16 Bodyweight Circuit

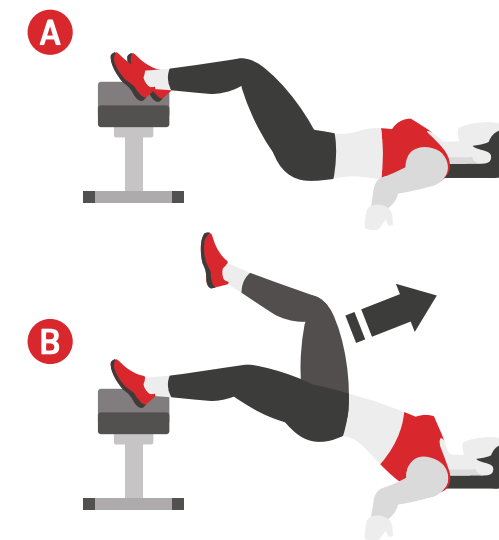
1. Perform 2-3 Circuits with 30 seconds rest between exercises.
2. Emphasis is on proper movement patterns and body control. If fatigue is causing a breakdown in technique stop the set and move on to the next exercise.
3. Start at Prescribed Reps and add 2-5 reps per week / session if not challenging enough



**OVERHEAD TOWEL SQUAT**  
x 10



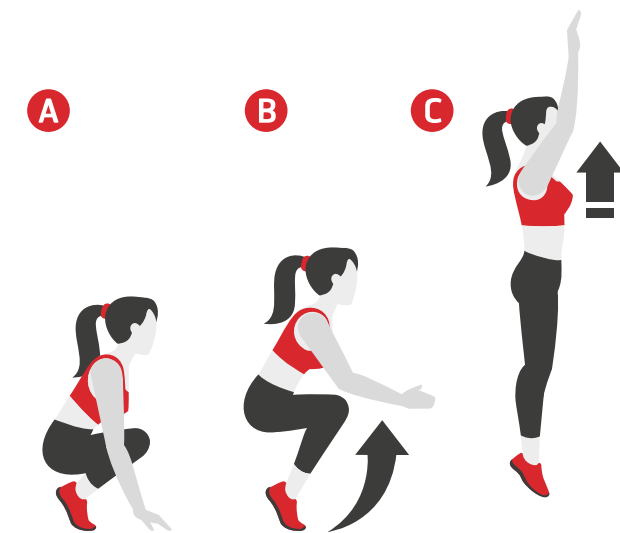
**DOOR FRAME ROW**  
x 10 each arm



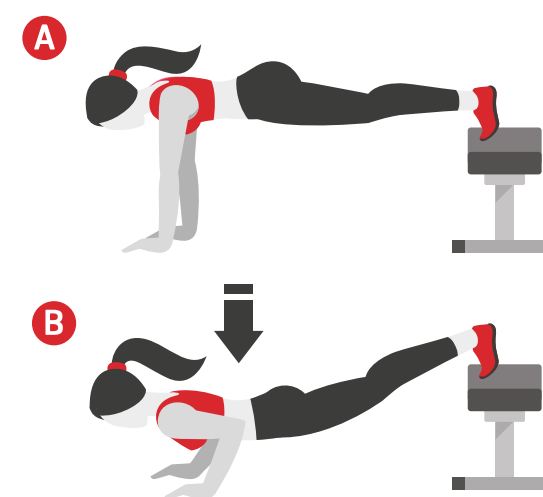
**SINGLE LEG HIP EXTENSION**  
x 10 each leg



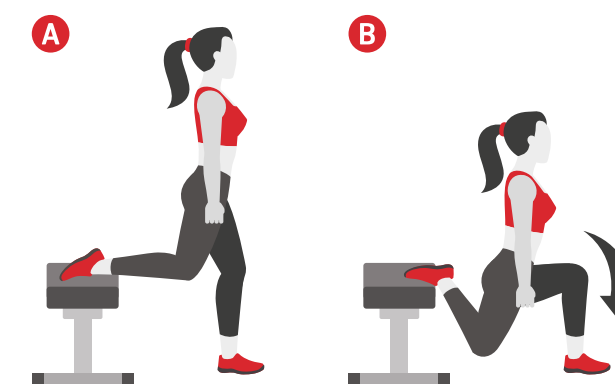
**FRONT PLANK**  
45 second hold



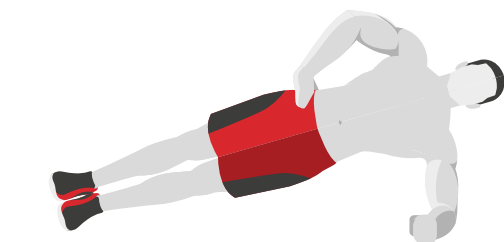
**VERTICAL JUMP**  
x 5 continuous



**PRESS UP**  
x 10 feet elevated



**SPLIT SQUAT**  
x 6 each side, rear foot elevated,  
5 seconds hold at bottom



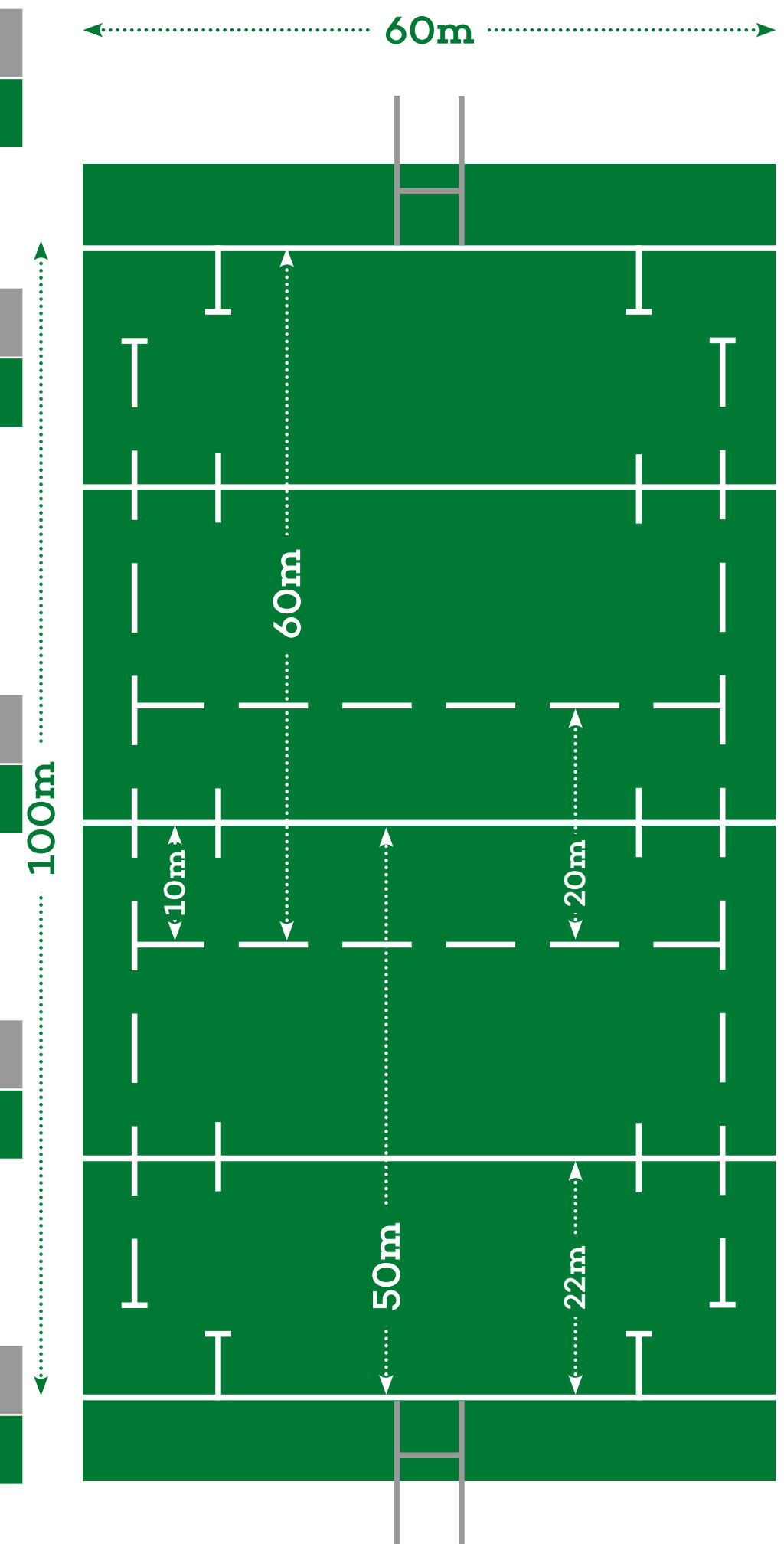
**LATERAL PLANK**  
30 second hold each side

If this is too challenging, substitute with exercises from level 1 or 2

TAKE 2 MINUTES REST AT THE END OF EACH CIRCUIT

# Rugby Activity (on pitch)

WARM UP: 10 mins of jogging, passing and stretching			
<b>Set 1</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>
From try line, kick the ball in 1 kick towards the 22m line, pick the ball up and run to the half way line	x 4 Reps (Walk back to try line as your rest)	x 6 Reps (Walk back to try line as your rest)	x 8 Reps (Walk back to try line as your rest)
As your rest walk to the other try line and back and sip some water			
<b>Set 2</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>
From the try line, run to the 22m line, put the ball down, run back to try line, run back to the 22m line, pick up the ball and carry in 2 hands in front of you and run to the 1/2 way line	x 4 Reps (Walk back to the try line and back as your rest)	x 6 Reps (Walk back to the try line and back as your rest)	x 8 Reps (Walk back to the try line and back as your rest)
As your rest walk to the other try line and back and sip some water			
<b>Set 3</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>
Lay on your back, with 2 hands throw the ball as high as you can and catch it before it touched the floor	x 4 reps (after each rep lay on the floor and do the next rep)	x 6 reps (after each rep lay on the floor and do the next rep)	x 8 reps (after each rep lay on the floor and do the next rep)
As your rest walk to the other try line and back and sip some water			
<b>Set 4</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>
Lay on your back, with 2 hands throw the ball as high as you can and catch it before it touched the floor	x 4 reps (after each rep lay on the floor and do the next rep)	x 6 reps (after each rep lay on the floor and do the next rep)	x 8 reps (after each rep lay on the floor and do the next rep)
As your rest walk to the other try line and back and sip some water			
<b>Set 5</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>
From the try line, kick the ball as high as you can near the 22m line, catch the ball and run back to the try line line	x 4 Reps (Walk to the 22m line and back as your rest)	x 5 Reps (Walk to the 22m line and back as your rest)	x 6 Reps (Walk to the 22m line and back as your rest)
Cool down by walking to the far try line and back			



# Session 1: Aerobic

This running session is aimed to help you build some aerobic fitness, while also helping you run well, focussing on your technique. If you find the speed too high, run the reps a little slower. When completing these reps, the next rep starts where you finish the last one.

Modality	Timings	Work Intensity	Rest Intensity	Reps	Shuttle Length / Pitch Distance
Complete a good lower body warm-up with dynamic stretches and build up accelerations to 80%					
Run – Go every 30 seconds	11-14 seconds	70-75% max effort	0% – complete a rep every 30 seconds	Level 1: 6 reps	35m
				Level 2: 8 reps	40m
				Level 3: 10 reps	45m
3 minutes of rest, drink some water and slowly walk to halfway line and back					
Run – Go every 60 seconds	20-24 seconds	70-75% max effort	0% – complete a rep every 1 minute	Level 1: 6 reps	65m
				Level 2: 8 reps	75m
				Level 3: 10 reps	85m
3 minutes of rest, drink some water and slowly walk to halfway line and back					
Run – Go every 30 seconds	11-14 seconds	70-75% max effort	0% – complete a rep every 30 seconds	Level 1: 6 reps	35m
				Level 2: 8 reps	40m
				Level 3: 10 reps	45m
Cool down, drink some water and slowly walk to opposite try line and back					

# Session 2: Aerobic

This session is based around some longer interval work to help build up your aerobic system. You can complete this session running, cycling, rowing or on an elliptical. Your workout intensity should be a level you can hold a conversation at. In the recovery time, slowly walk the rest of the distance back to your start point (if running).

Modality	Timings	Work Intensity	Rest Intensity	Reps	Shuttle Length / Pitch Distance
Complete a good lower body warm-up with dynamic stretches and build up accelerations to 80%					
Run / Cycle / Rower / Elliptical	2 minutes work	65 – 75% max effort	1 minute – 30 – 40% max effort	Level 1: 2 reps	Run around the perimeter of the pitch, aim for 1.5 laps of the pitch
				Level 2: 3 reps	
				Level 3: 4 reps	
3 minutes of rest, drink some water and slowly walk to halfway line and back (if running)					
Run / Cycle / Rower / Elliptical	1 minute work	70-75% max effort	1 minute – walk	Level 1: 2 reps	As far around the pitch as possible
				Level 2: 3 reps	
				Level 3: 4 reps	
3 minutes of rest, drink some water and slowly walk to halfway line and back (if running)					
Run / Cycle / Rower / Elliptical	2 minutes work	65 – 75% max effort	1 minute – 30 – 40% max effort	Level 1: 2 reps	Run around the perimeter of the pitch, aim for 1.5 laps of the pitch
				Level 2: 3 reps	
				Level 3: 4 reps	
Cool down, drink some water and slowly walk to opposite try line and back (if running)					

# Session 3: Anaerobic

This session is a high intensity interval workout. The work should be close to max effort, and you should be breathing hard, but just about recovered by the end of the rest period. You can complete this session running, cycling, rowing or on an elliptical.

Modality	Timings	Work Intensity	Rest Intensity	Reps	Shuttle Length / Pitch Distance
Complete a good lower body warm-up with dynamic stretches and build up accelerations to 80%					
Run / Cycle / Rower / Elliptical	20 seconds work	90-100% max effort	40 seconds complete rest	Level 1: 4 reps	Run to the opposite try line, turn & aim for max distance towards your starting point – walk back to start as recovery
				Level 2: 6 reps	
				Level 3: 8 reps	
3 minutes of rest, drink some water and slowly walk to halfway line and back (if running)					
Run / Cycle / Rower / Elliptical	40 seconds work	85-95% max effort	80 seconds complete rest	Level 1: 2 reps	As far around the pitch as possible
				Level 2: 3 reps	
				Level 3: 4 reps	
3 minutes of rest, drink some water and slowly walk to halfway line and back (if running)					
Run / Cycle / Rower / Elliptical	20 seconds work	90-100% max effort	40 seconds complete rest	Level 1: 2 reps	Run to the opposite try line, turn & aim for max distance towards your starting point – walk back to start as recovery
				Level 2: 3 reps	
				Level 3: 4 reps	
Cool down, drink some water and slowly walk to opposite try line and back (if running)					