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# Stay Active!

Community Home Training Suggestions

**FOR AGES 17+**

# 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 finding it too easy try adding a full set to each exercise.

- Make sure you have adequate rest between sessions (recommend 2 rest days per week)
- It would also be advisable to not perform running sessions on back to back days



# Training Frequency

Recommended number of sessions

## LEVEL 1 – per week:

1 x upper body strength  
1 x lower body strength  
2 x fitness sessions

## LEVEL 2 – per week

1 x upper body strength  
1 x lower body strength  
2-3 x fitness sessions

## LEVEL 3 – per week

1 x upper body strength  
1 x lower body strength  
3-4 x fitness sessions

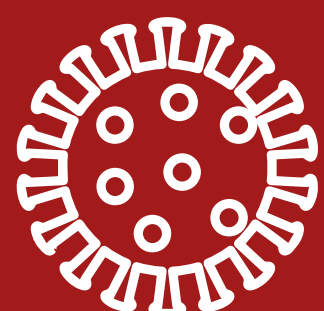
To help keep track of training time, you can use training apps such as Seconds Interval Timer.



# 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.

- If it's a body weight or weights session perform 1 light set on all the exercises in your session and stretch
- If it's a running session perform 8- 10 mins of jogging and stretching plus 4 runs of increasing speeds over 30m: 1 at 50%, 1 at 60% and 2 at 70% of your max pace



## HYDRATION

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



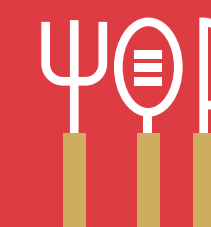
## COOL DOWN

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.



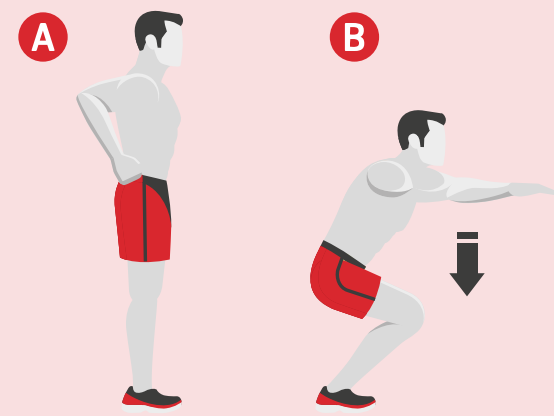
## DISCLAIMER

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.

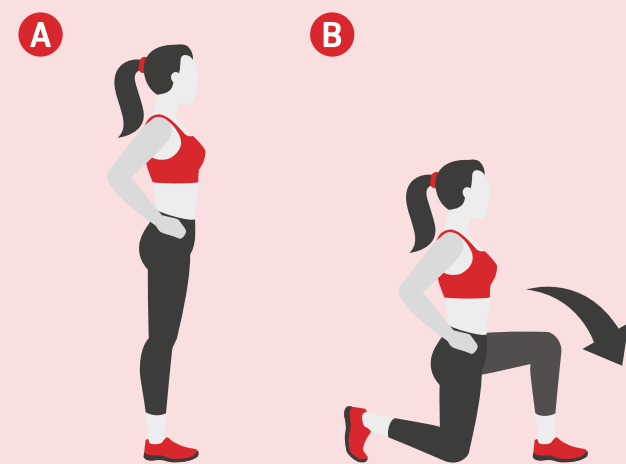
# Lower Body Strength + Core 1

## WARM UP



### SQUATS

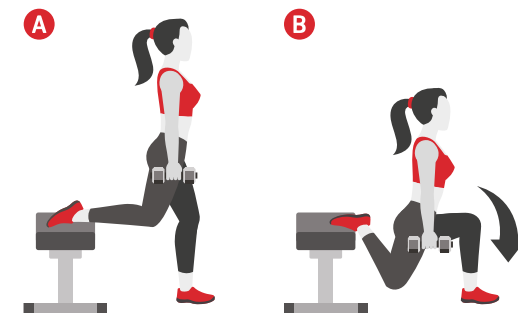
1 x 10 Reps



### LUNGES

1 x 5 Each Leg

## SESSION



### EXERCISE 1

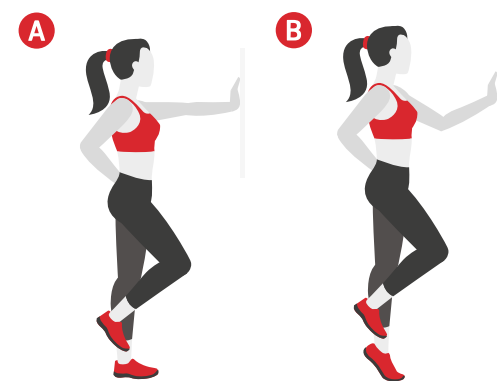
Bulgarian split squat

Level 1 - 2 x 5 reps each leg

Level 2 - 3 x 5 reps each leg

Level 3 - 4 x 6 reps each leg

(Hold a weighted object to increase difficulty)



### EXERCISE 4

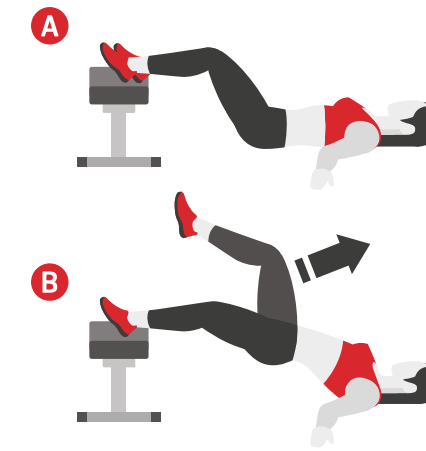
Single leg calf raise

Level 1 - 2 x 6 reps each leg

Level 2 - 3 x 8 reps each leg

Level 3 - 4 x 10 reps each leg

(Hold a weighted object to increase difficulty)



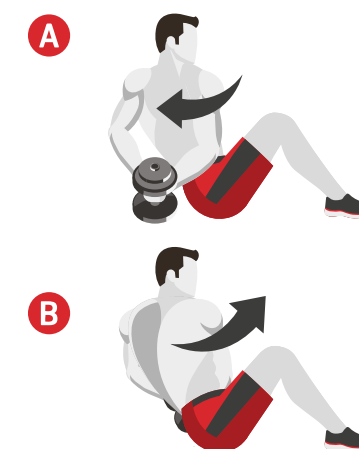
### EXERCISE 2

Single leg hip extension

Level 1 - 2 x 6 reps each leg

Level 2 - 3 x 6 reps each leg

Level 3 - 4 x 8 reps each leg



### EXERCISE 5

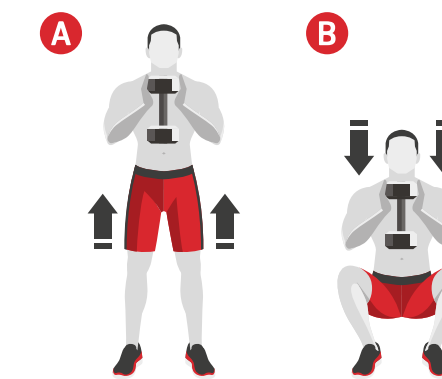
Russian twists

Level 1 - 2 x 8 reps each side

Level 2 - 3 x 8 reps each side

Level 3 - 4 x 10 reps each side

(Hold a weighted object to increase difficulty)



### EXERCISE 3

Goblet squat

Level 1 - 2 x 8 reps

Level 2 - 3 x 8 reps

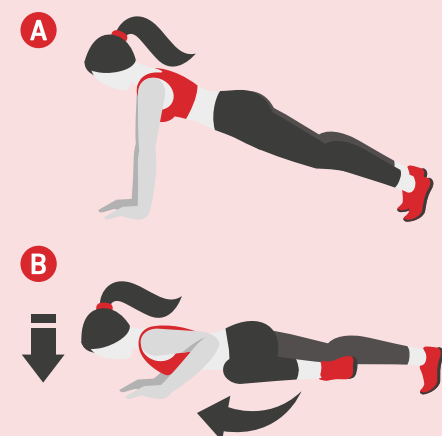
Level 3 - 4 x 8 reps

(Hold a weighted object to increase difficulty)

TAKE 90 SECONDS REST AT THE END OF EACH SET

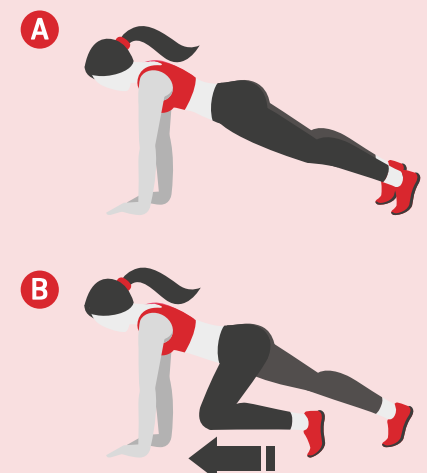
# Upper Body Strength + Core 1

## WARM UP



### SPIDER MAN PUSH UPS

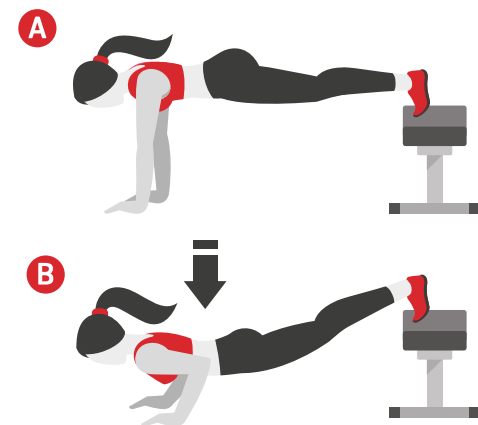
1 x 10 Reps



### CLIMBERS

1 x 8 reps each side

## SESSION



### EXERCISE 1

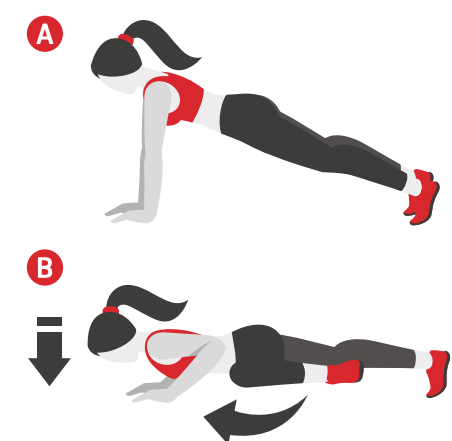
Feet on bench/chair/sofa push ups

Level 1 - 2 x 8 reps

Level 2 - 3 x 10 reps

Level 3 - 4 x 12 reps

(Make sure the chair is up against a wall for safety)



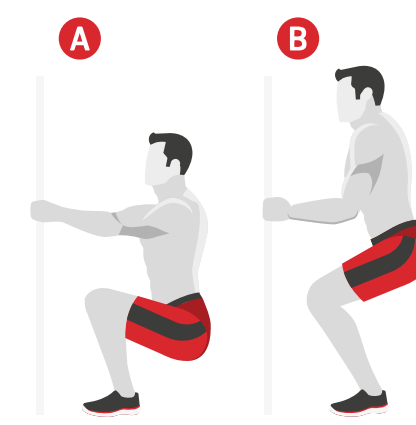
### EXERCISE 4

Spiderman press ups

Level 1 - 2 x 5 reps each side

Level 2 - 3 x 6 reps each side

Level 3 - 4 x 8 reps each side



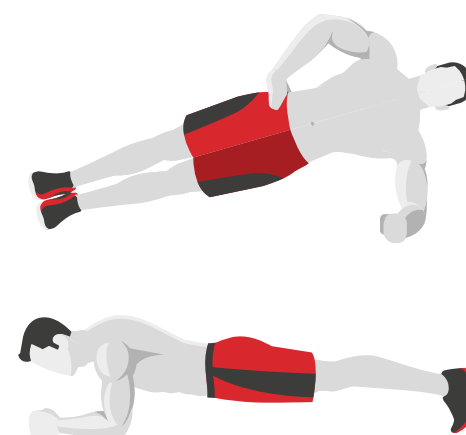
### EXERCISE 2

Door frame single arm pull

Level 1 - 2 x 6 reps each arm

Level 2 - 3 x 8 reps each arm

Level 3 - 4 x 8 reps each arm



### EXERCISE 5

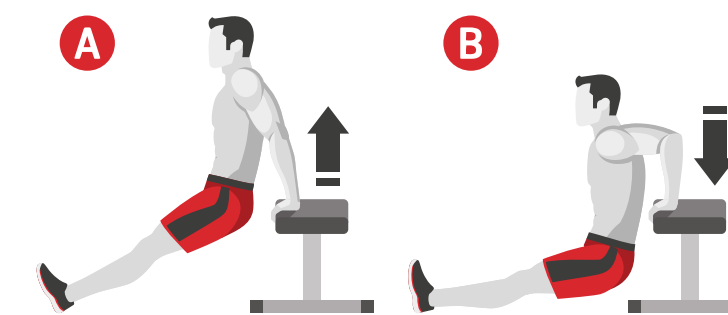
Plank series – front/left/right/front

Level 1 - 2 x 20s/10s/10s/20s

Level 2 - 3 x 30s/15s/15s/30s

Level 3 - 4 x 30s/15s/15s/30s

(Hold a weighted object to increase difficulty)



### EXERCISE 3

Bench tricep dips

Level 1 - 2 x 8 reps

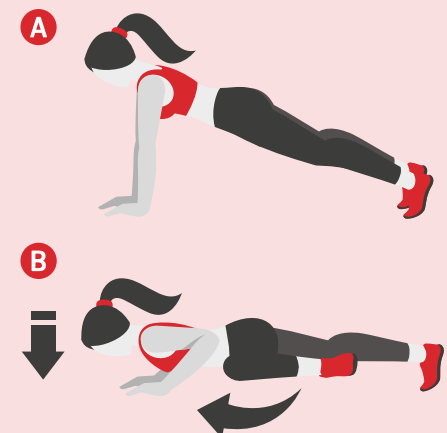
Level 2 - 3 x 8 reps

Level 3 - 4 x 12 reps

TAKE 90 SECONDS REST AT THE END OF EACH SET

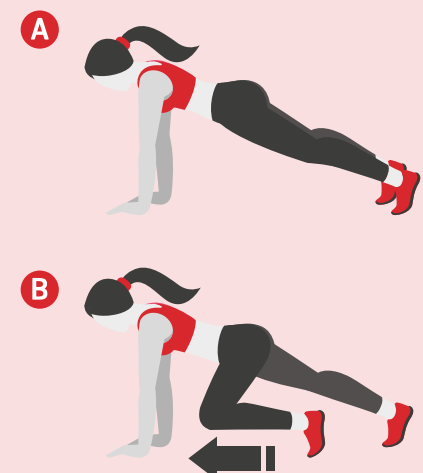
# Upper Body Dumbbell Session + Core 2

## WARM UP



### SPIDER MAN PUSH UPS

1 x 6 Reps each side

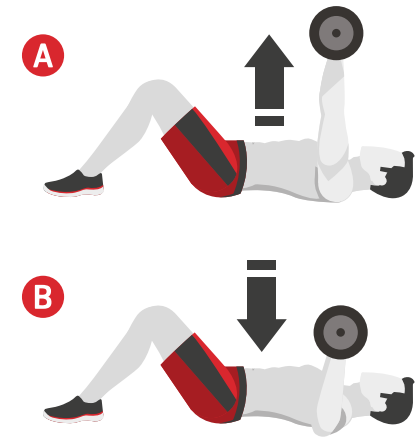


### CLIMBERS

1 x 8 Reps each side

## SESSION

Perform exercises A + B as super-sets. As soon as you finish A, complete B.



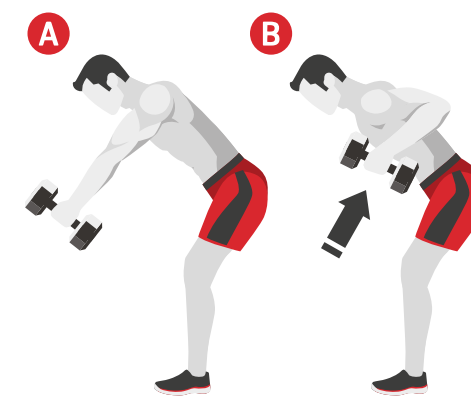
### EXERCISE 1A

Dumbbell floor press

Level 1 - 2 x 6 reps

Level 2 - 3 x 8 reps

Level 3 - 4 x 8 reps



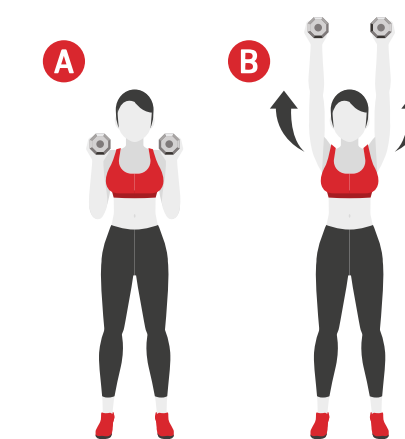
### EXERCISE 1B

Dumbbell bent over row

Level 1 - 2 x 6 reps

Level 2 - 3 x 8 reps

Level 3 - 4 x 8 reps



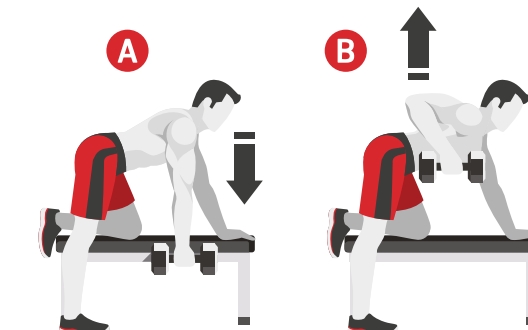
### EXERCISE 2A

Dumbbell shoulder press

Level 1 - 2 x 6 reps

Level 2 - 3 x 8 reps

Level 3 - 4 x 8 reps



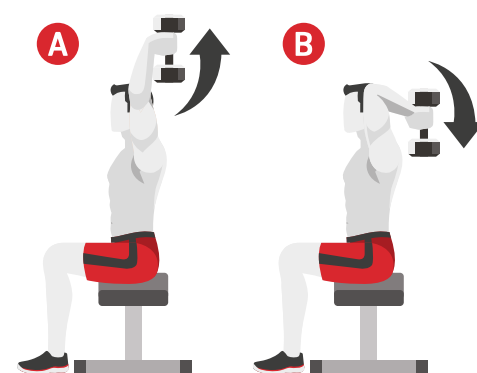
### EXERCISE 2B

Dumbbell single arm row

Level 1 - 2 x 5 reps each side

Level 2 - 3 x 6 reps each side

Level 3 - 4 x 8 reps each side



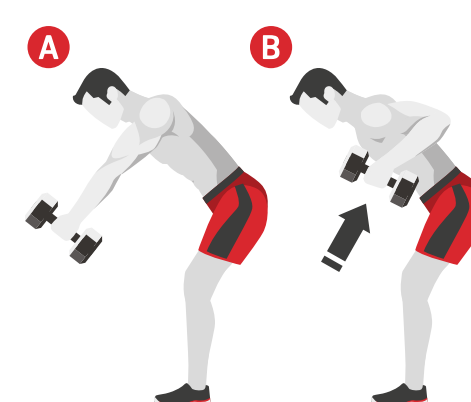
### EXERCISE 3A

Overhead dumbbell triceps extension

Level 1 - 2 x 6 reps

Level 2 - 3 x 8 reps

Level 3 - 4 x 8 reps



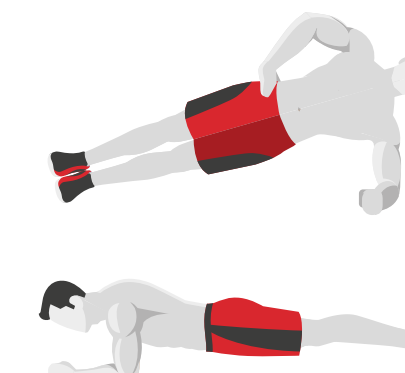
### EXERCISE 3B

Dumbbell biceps curl

Level 1 - 2 x 8 reps

Level 2 - 3 x 10 reps

Level 3 - 4 x 12 reps



### EXERCISE 4

Plank series – front/left/right/front

Level 1 - 2 x 20s/10s/10s/20s

Level 2 - 3 x 30s/15s/15s/30s

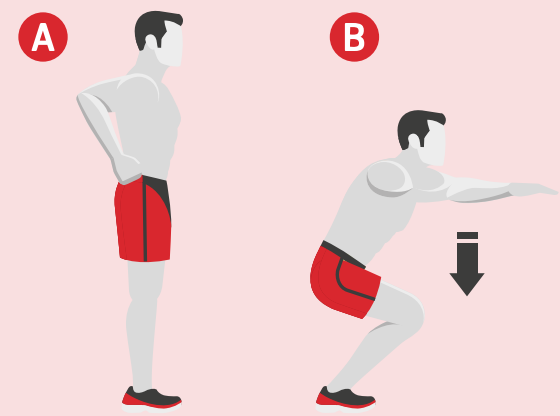
Level 3 - 4 x 30s/15s/15s/30s

(Hold a weighted object to increase difficulty)

TAKE 90 SECONDS REST AT THE END OF EACH SET

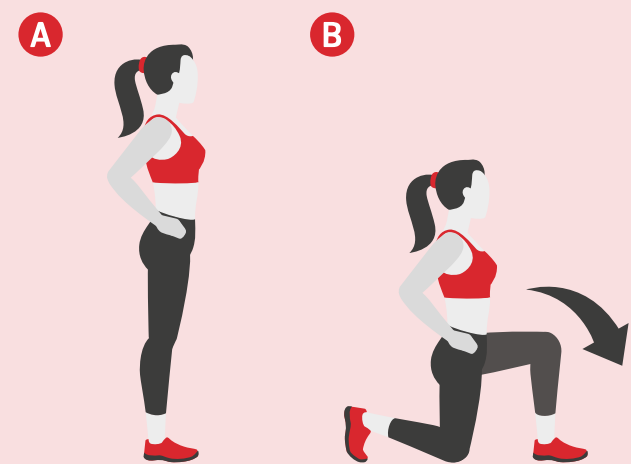
# Lower Body Dumbbell Session + Core 2

## WARM UP



### SQUATS

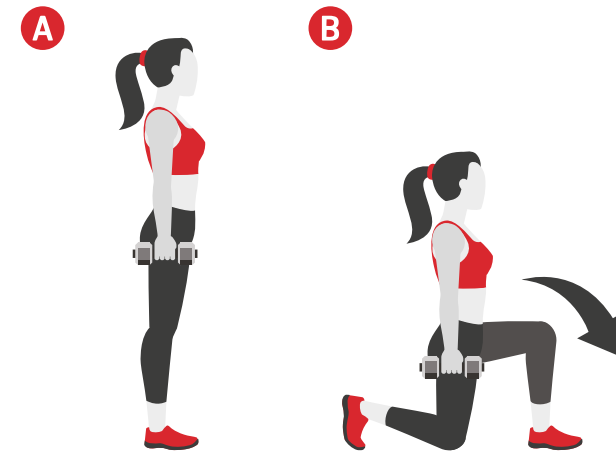
1 x 10 Reps



### LUNGES

1 x 5 Each Leg

## SESSION



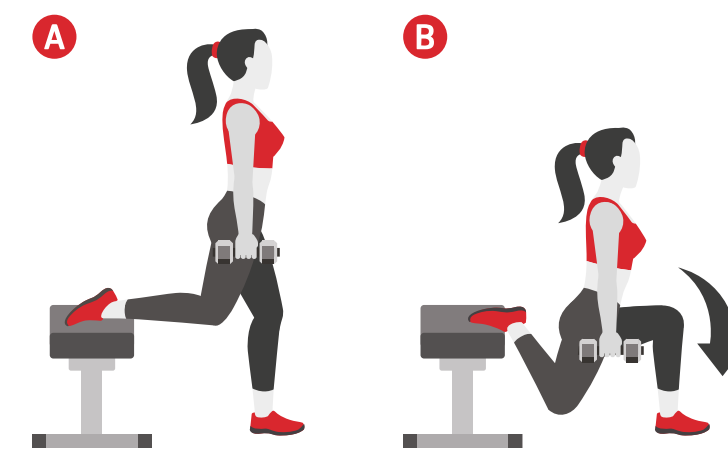
### EXERCISE 1

Dumbbell lunge

Level 1 - 2 x 6 reps each leg

Level 2 - 3 x 8 reps each leg

Level 3 - 4 x 8 reps each leg



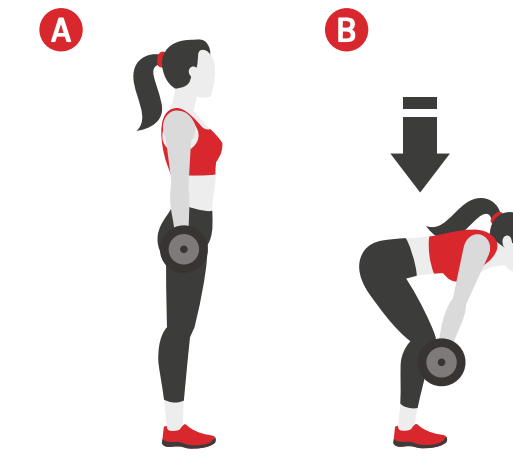
### EXERCISE 2

Dumbbell Bulgarian split squat

Level 1 - 2 x 6 reps each leg

Level 2 - 3 x 8 reps each leg

Level 3 - 4 x 8 reps each leg



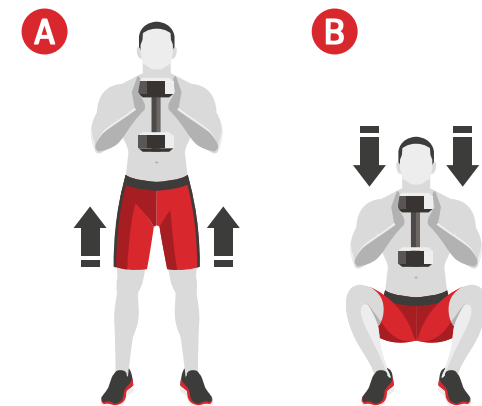
### EXERCISE 3

Dumbbell Romanian Deadlift

Level 1 - 2 x 8 reps

Level 2 - 3 x 8 reps

Level 3 - 4 x 8 reps



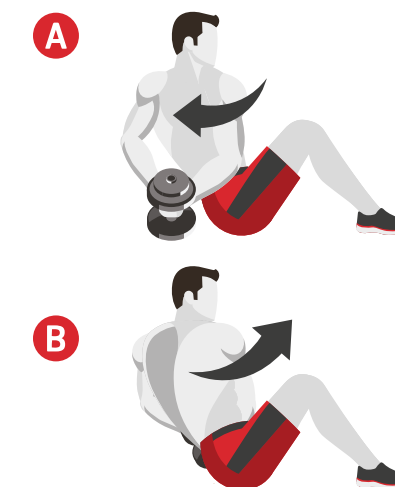
### EXERCISE 4

Dumbbell goblet squat

Level 1 - 2 x 8 reps

Level 2 - 3 x 8 reps

Level 3 - 4 x 8 reps



### EXERCISE 5

Dumbbell Russian twists

Level 1 - 2 x 8 reps each side

Level 2 - 3 x 8 reps each side

Level 3 - 4 x 8 reps each side

TAKE 90 SECONDS REST AT THE END OF EACH SET



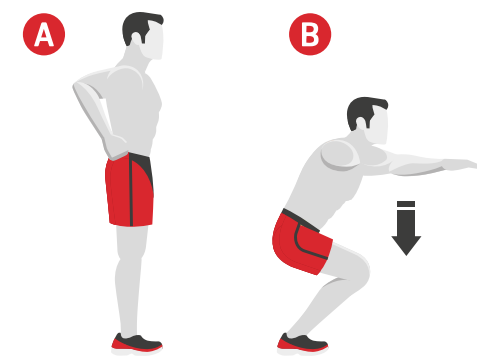
# Whole Body Fitness Circuit 1

## WARM UP

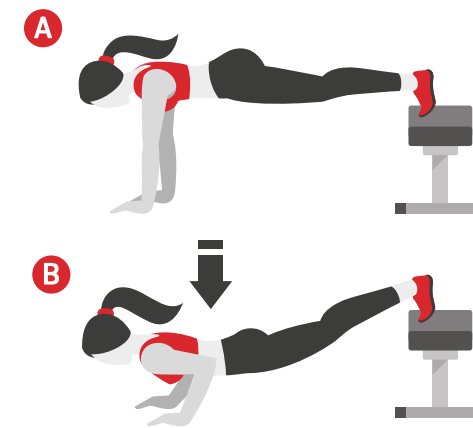
1 TIME THROUGH THE CIRCUIT AT SLOW SPEED

## SESSION

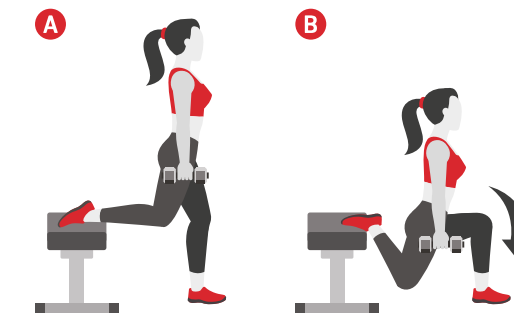
Perform each exercise for the specified amount of time, then do all exercises in a continuous circuit manner.



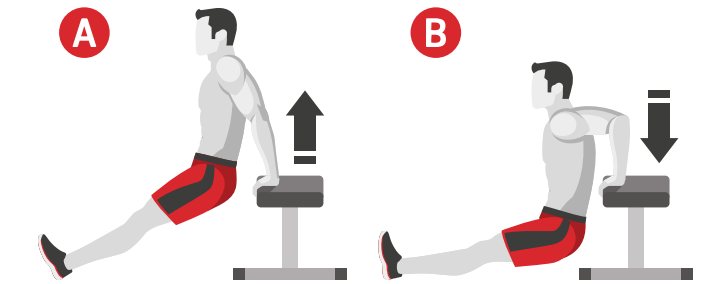
**EXERCISE 1**  
Squats



**EXERCISE 2**  
Push ups with feet raised



**EXERCISE 3**  
Dumbbell Bulgarian split squat, left leg only



**EXERCISE 4**  
Bench tricep dip

## LEVEL 1

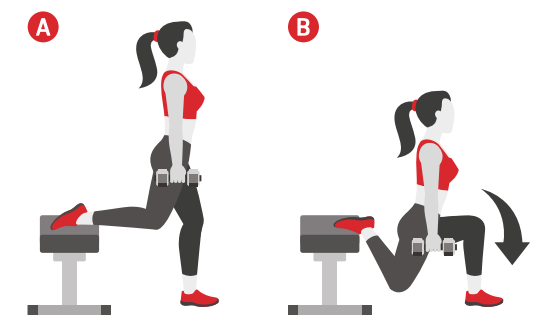
Perform 10 seconds work on each exercise and take 10 seconds rest between exercises. Perform 2-3 sets

## LEVEL 2

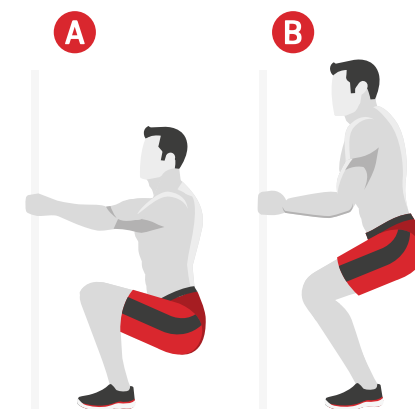
Perform 15 seconds work on each exercise and take 15 seconds rest between exercises. Perform 3 sets

## LEVEL 3

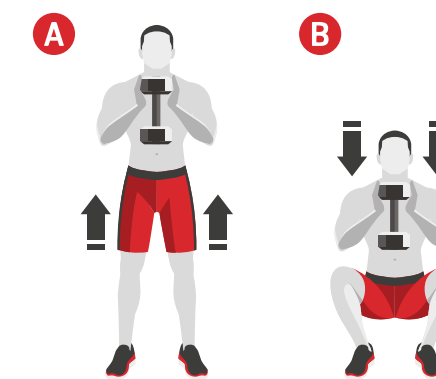
Perform 20 seconds work on each exercise and take 20 seconds rest between exercises. Perform 3-4 sets



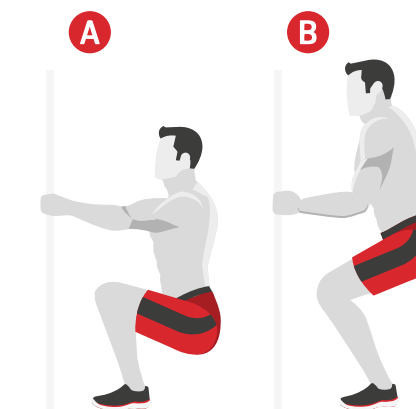
**EXERCISE 5**  
Dumbbell Bulgarian split squat, right leg only



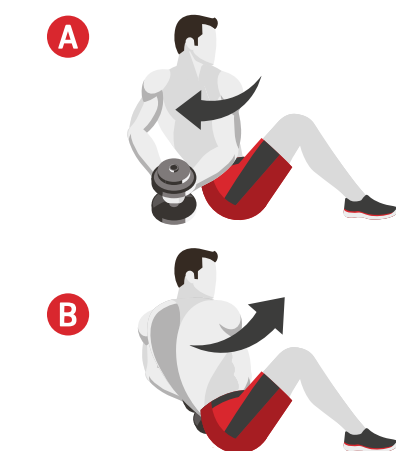
**EXERCISE 6**  
Door frame pull, right arm only



**EXERCISE 7**  
Dumbbell goblet squat



**EXERCISE 8**  
Door frame pull, left arm only



**EXERCISE 9**  
Dumbbell Russian twists, both sides

TAKE 2 MINUTES REST AT THE END OF EACH SET

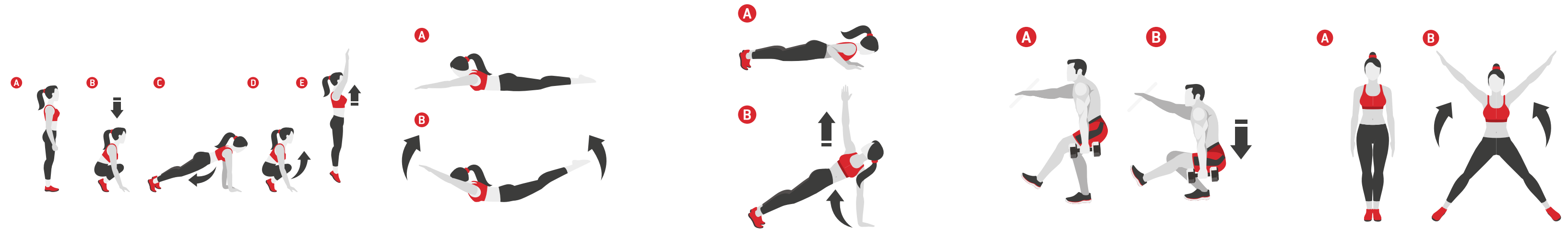
# Whole Body Fitness Circuit 2

## WARM UP

1 TIME THROUGH THE CIRCUIT AT SLOW SPEED

## SESSION

Perform each exercise for the specified amount of time, then do all exercises in a continuous circuit manner.



### EXERCISE 1

Burpees

### EXERCISE 2

Superman, 1 second hold at top

### EXERCISE 3

Pushups with torso rotation

### EXERCISE 4

Single leg squat, left leg only

### EXERCISE 5

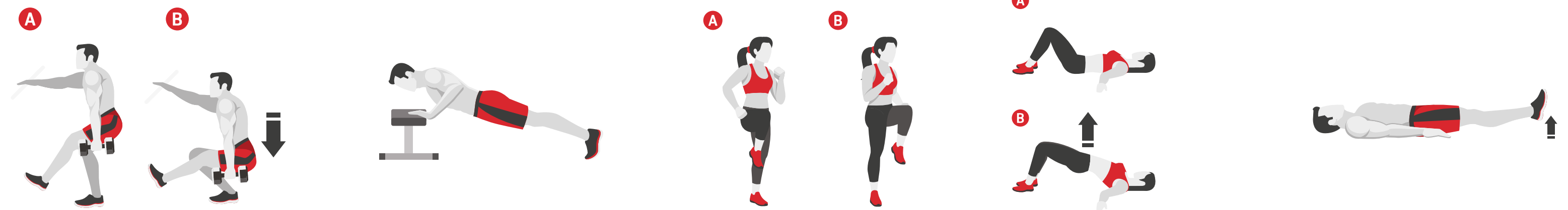
Star jumps

## LEVEL 1

Perform 10 seconds work on each exercise and take 10 seconds rest between exercises. Perform 2-3 sets

## LEVEL 2

Perform 15 seconds work on each exercise and take 15 seconds rest between exercises. Perform 3 sets



### EXERCISE 6

Single leg squat, right leg only

### EXERCISE 7

Kneeling tricep extension

### EXERCISE 8

Run on spot with high knees

### EXERCISE 9

Glute bridge

### EXERCISE 10

Leg raise hold, one inch from floor

## LEVEL 3

Perform 20 seconds work on each exercise and take 20 seconds rest between exercises. Perform 3-4 sets

TAKE 2 MINUTES REST AT THE END OF EACH SET

# Pitch Running Session

**Warm-Up:** 10mins of Jogging & Stretching. Finish with the following

1 x 40m at 50% max pace.

1 x 40m at 60% max pace

2 x 40m at 70% max pace

All walk back recovery

## LEVEL 1: SET 1

## LEVEL 2: SET 1

## LEVEL 3: SET 1

Running	Rest	Reps	Running	Rest	Reps	Running	Rest	Reps
Start on try line, run 22m to the 22m line	Turn and walk back to try line slowly	4	Start on try line, run 22m to the 22m line and back at 60% max pace	30 seconds	6	Start on try line, run 22m to the 22m line and back at 70% max pace	30 seconds	8

TAKE 90 SECONDS REST

## LEVEL 1: SET 2

## LEVEL 2: SET 2

## LEVEL 3: SET 2

Running	Rest	Reps	Running	Rest	Reps	Running	Rest	Reps
Start on try line, run 40m to the 10m line just before the halfway at 60% max pace	Turn and walk back to try line slowly	4	Start on try line, run 40m and back at 60% max pace	60 seconds	6	Start on try line, run 40m and back at 70% max pace	45 seconds	8

TAKE 90 SECONDS REST

## LEVEL 1: SET3

## LEVEL 2: SET3

## LEVEL 3: SET3

Running	Rest	Reps	Running	Rest	Reps	Running	Rest	Reps
Start on try line, run 60m to the 10m line just AFTER the halfway at 60% max pace	Turn and walk back to try line slowly	4	Start on try line, run 60m to the 10m line after the halfway and back at 60% max pace	90 seconds	6	Start on try line, run 60m to the 10m line after the halfway and back at 70% max pace	60 seconds	8

Walk from Try line to Try line and back as a Cool Down

# Road Running Session 1

## OUT AND BACK RUN

**WARM-UP:** 5 mins of light jogging. Finish with stretching of calves, hamstrings and quadriceps and 2 x 10 seconds efforts at 70% of max

Run out for a set time at a comfortable pace. When completed return to the starting position aiming to beat your “out” time. Can be carried out in intervals or as a single out and back run. Take a note of where you start and get to so you can note your individual progression.

### OPTION 1: INTERVAL OUT AND BACK

Reps	Rest	Time		
2	3 mins	Level 1 – 4 mins	Level 2 – 6 mins	Level 3 – 8 mins

### OPTION 2: SINGLE OUT AND BACK

Reps	Rest	Time		
1	-	Level 1 – 10 mins	Level 2 – 14 mins	Level 3 – 18 mins

# Road Running Session 2

## FARTLEK RUN

**WARM-UP:** 5 mins of light jogging. Finish with stretching of calves, hamstrings and quadriceps and 2 x 10 seconds efforts at 70% of max

Vary your speed of running between: Walk, Easy Jog, Hard Run

## WORK TIME

Level 1	Level 2	Level 3
Walk 30 seconds, Jog 30 seconds	Walk 30 seconds, Jog 20 seconds, Hard Run 10 seconds	Walk 20 seconds, Jog 20 seconds, Hard Run 20 seconds

## REPS

Level 1	Level 2	Level 3
10	14	18

# Bike, Row or Elliptical

## SESSION 1

**WARM-UP:** 5 mins of light work. Finish with stretching of calves, hamstrings and quadriceps and 2 x 10 seconds efforts at 70% of max

### SET 1

Bike, Row or Elliptical	Rest	Reps: Level 1	Reps: Level 2	Reps: Level 3
40 seconds work at 50% of max pace/resistance	20 seconds complete rest	4	5	6

90 SECONDS REST

### SET 2

Bike, Row or Elliptical	Rest	Reps: Level 1	Reps: Level 2	Reps: Level 3
30 seconds work at 60% of max pace/resistance	30 seconds complete rest	4	5	6

90 SECONDS REST

### SET 3

Bike, Row or Elliptical	Rest	Reps: Level 1	Reps: Level 2	Reps: Level 3
20 seconds work at 70% of max pace/resistance	40 seconds complete rest	4	5	6

90 SECONDS REST

# Bike, Row or Elliptical

## SESSION 2

**WARM-UP:** 5 mins of light work. Finish with stretching of calves, hamstrings and quadriceps and 2 x 10 seconds efforts at 70% of max

### SET 1

Bike, Row or Elliptical	Rest	Reps: Level 1	Reps: Level 2	Reps: Level 3
5 seconds sprint at max pace/resistance	15 seconds complete rest	4	6	8

90 SECONDS REST

### SET 2

Bike, Row or Elliptical	Rest	Reps: Level 1	Reps: Level 2	Reps: Level 3
10 seconds sprint at moderate pace/resistance	30 seconds complete rest	4	6	8

90 SECONDS REST

### SET 3

Bike, Row or Elliptical	Rest	Reps: Level 1	Reps: Level 2	Reps: Level 3
15 seconds sprint at moderate to low pace/resistance	45 seconds complete rest	4	6	8

90 SECONDS REST

# Metabolic Finisher Session

A metabolic finisher is a series of high intense exercises performed at the end of a strength session. Its purpose is to increase work capacity, accelerate fat loss and enhance conditioning only taking 3-4 minutes to perform.

**WARM-UP:** 5 mins of light biking. Finish with stretching of calves, hamstrings and quadriceps and 2 x 10 seconds efforts at 80% of max

## REPETITION FOCUSSED

Level	Exercise	Time	Sets
Level 1	Goblet Squats, Star Jumps, Lunges	10 seconds on each exercise	3-4
Level 2	Total Body Extension, Star Jumps, Mountain Climbers	15 seconds on each exercise	3-4
Level 3	Burpees, Mountain Climbers, Squat into Squat Jump	20 seconds on each exercise	3-4

Rest 20 seconds after each circuit

## TIME FOCUSSED

Level	Exercise	Reps	Sets
Level 1	Goblet Squats, Star Jumps, Lunges	8 reps on each exercise	3-4
Level 2	Total Body Extension, Star Jumps, Mountain Climbers	8 reps on each exercise	3-4
Level 3	Burpees, Mountain Climbers, Squat into Squat Jump	8 reps on each exercise	3-4

For both repetition or time focused, performing all 3 exercises for the allocated time would be 1 set.  
After the 20 seconds rest go straight into starting another set.