

In-Season Rugby Training Routine

Session A

Exercise	Sets & Reps	Intensity	Rest (S)
Rowing Machine	5 min	Warm Up	
Olympic Bar Bear	2 x 3	Low	45
Kettlebell Swings	2 x 10	Set 1 50%, Set 2 Max	30
Back Squat	3 x 8	Max	90
Two Footed Jump Over Step	2 x 3 each side	Bodyweight	90
Dumbbell Bench Press	5 x 5	Max	90
Push Ups	2 x 10	Bodyweight	90
Clean & Press	3 x 8	Max	90
Pike Push Up	2 x 10	Bodyweight	90
Rowing Machine	5 min	Cool Down	

Session B

Exercise	Sets & Reps	Intensity	Rest (S)
Rowing Machine	5 min	Warm Up	
Olympic Bar Bear	2 x 3	Low	45
Kettlebell Swings	2 x 10	Set 1 50%, Set 2 Max	30
Deadlift	3 x 4-5	Max	90
Jump Squats	3 x 5	Bodyweight	90
Single Arm Row	3 x 8	Max	90
Push Ups	3 x 10	Bodyweight	90
Military Press	3 x 8	Max	90
Pike Push Up	2 x 10	Bodyweight	90
Rowing Machine	5 min	Cool Down	