



Doylestown U19 Boys Rugby Preseason Program



Block One: Weeks 1-4						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Evaluation + Lift 1		Lift 2		Lift 3		Optional LISS
Lift 1		Lift 2		Lift 3		Optional LISS
Lift 1		Lift 2		Lift 3		Optional LISS
Lift 1		Lift 2		Lift 3		Optional LISS

Block Two: Weeks 5-8						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Evaluation + Lift 1		Lift 2		Lift 3		Lift 4
Lift 1		Lift 2		Lift 3		Lift 4
Lift 1		Lift 2		Lift 3		Lift 4
Lift 1		Lift 2		Lift 3		Evaluation

Evaluation Day:

1. **Push Up Max** - complete as many push ups as possible without rest. Chest must hover 1 inch above the ground for each rep.
2. **1:00 Burpee Max** - complete as many burpees as possible in one minute. Chest must touch the ground and feet must leave the floor on the jump.
3. **Bronco** - Measure 20 meters, 40 meters, and 60 meters from the starting line. From the starting line hit the 20 meter mark and return to the starting line then the 40 and back then the 60 and back. Complete 5 rounds as fast as possible. Pace yourself, if you go too hard on the first rep you'll burn out quickly!

Instruction Guide

Focus is on pushing the pace. Conditioning circuits are meant for speed of movement.

Focus is on form, *not speed*. These sessions are built for mind-muscle connection.

Sample.

Lift 1	Lift 2	
Conditioning Circuit	Full Body Lift	
A1. 8 <u>Burpees</u>	A1. <u>Knees Over Toes Split Squat</u>	3x6 each
A2. 20 <u>Step Ups</u> (total)	A2. <u>Wall Leaning Calf Raise</u>	2x20
A3. 10 <u>Hands to Elbows Plank</u> (total)	A3. <u>Tibialis Raise</u>	2x20
Complete 3 Rounds Rest 1:1 However long it took you to complete 3 rounds is your rest time between sets; Max 4:00 min rest x3 Sets		
	B1. <u>Push Ups</u>	4x10
Band Upper Body Circuit	B2. <u>Banded Seated Row</u>	4x10
B1. 10 <u>Banded Shoulder Press</u>	B3. <u>Banded Upright Row</u>	4x10
B2. 10 <u>Banded Bent Over Row</u>		
B3. 10 <u>Banded Bicep Curl</u>	C1. <u>Lateral Lunges</u>	3x8 each
B4. 10 <u>Banded Pull Apart</u>	C2. <u>3 Way SLDL</u>	3x6 each
B5. 10 <u>Banded Shoulder Raise</u>	C3. <u>Bird Dog</u>	3x8
x3 Sets; Rest as little as possible until all 3 sets are complete.		
<i>*If you do not have access to a band, fill a backpack with books or cans or use a filled bottle as weights with the same movements.</i>	D1. Finisher: Jump Rope 20s on, 10s off x10 rounds = 5 minutes	

Always complete all of "A" series before moving onto "B".

All underlined exercises are linked to a movement demonstration.

If you don't have access to the bands, get creative at home and substitute for household items like filled gallon jugs or backpacks.

If you struggle reaching the prescribed reps for a movement, modify the movement. For example, if you cannot complete 10 reps with proper form of a push up, either elevate your hands on a surface or place your knees on the floor while maintaining a neutral spine.



Warm Up: Complete before every workout.

	A	B	C	D	E
Full Body Foam or Tennis Ball Roll 5-10 Minutes					
Mobility	<u>Spine Wave Flow</u> <u>Cat Cow</u> <u>Alternate Pyramid to Scorpion</u> <u>Thread the Needle</u> <u>Spine Wave Push Up</u>	<u>Elbow in Band Stretch</u> <u>Banded Overhead Shoulder</u> <u>Flexion Stretch</u> <u>Scap Wall Slides</u> <u>PVC Hip Hinge</u>	<u>Pigeon Stretch</u> <u>Figure Four</u> <u>Zig Zag</u> <u>90/90 Hip Stretch</u> Lying Knee to Opposite Shoulder	Lying Leg Swings Standing Leg Swings <u>Elephant Walk (x25 ea)</u> <u>Lunge to Hamstring Bow</u>	<u>World's Greatest Stretch</u> <u>Quad Wall Stretch</u> <u>Deep Lateral Lunge to Stand</u> <u>Deep Squat Lateral Shift</u>
Activation	<u>Single Leg Glute Bridge</u> <u>Glute Bridge</u> <u>Clam Shells</u> <u>Fire Hydrants</u>		<u>Inchworm</u> <u>SLDL with Reach</u> <u>Bridge Hamstring Walkouts</u>	<u>Lateral Lunges</u> Reverse Lunges <u>Sumo Squats</u>	
*For jumps, land in a strong athletic stance after each rep. Drop your hips, knees should be slightly bent.					
Potentialiation	Vertical Jump for Height <u>Broad Jump</u> <u>Drop Jump</u> 1x5		Single Leg Vertical Jump and Stick Single Leg Diagonal Jump and Stick <u>Single Leg Broad Jump and Stick</u> <u>Single Leg Drop Jump and Stick</u> 1x5		Quick Hops Left to Right Quick Feet Quick Hops Front to Back 2x15s

Select one exercise from each box and complete 1x6 for dynamic stretches and 1x10s for static stretches unless specified next to exercise

Block 1 Week 1

Lift 1	Lift 2		Lift 3	
Conditioning Circuit	Full Body Lift		Conditioning Circuit	
A1. 8 <u>Burpees</u>	A1. <u>Knees Over Toes Split Squat</u>	3x6 each	A1. Even: 200M Run or 10 <u>Lateral Hop Burpees</u>	
A2. 20 <u>Step Ups</u> (total)	A2. <u>Wall Leaning Calf Raise</u>	2x20	A2. Odd: 6 <u>Walkouts</u> 5 Sit Ups	
A3. 10 <u>Hands to Elbows Plank</u> (total)	A3. <u>Tibialis Raise</u>	2x20		
Complete 3 Rounds Rest 1:1 However long it took you to complete 3 rounds is your rest time between sets; Max 4:00 min rest x3 Sets			EMOM (Every Minute on the Minute); 20 Minutes Every even minute you are completing a 200M Run or 10 Lateral Hop Burpees if you don't have space to run. Your rest is however much time is left over from that minute. On the odd minute you complete 6 Walkouts and 5 Sit Ups. *Always end work at :50 even if you don't finish for a minimum of 10s of rest.	
	B1. <u>Push Ups</u>	4x10		
Band Upper Body Circuit	B2. <u>Banded Seated Row</u>	4x10	Upper Body Circuit	
B1. 10 <u>Banded Shoulder Press</u>	B3. <u>Banded Upright Row</u>	4x10	B1. <u>Pike Push Up</u>	4x10
B2. 10 <u>Banded Bent Over Row</u>			B2. <u>Banded Bent Over Row</u>	4x10
B3. 10 <u>Banded Bicep Curl</u>	C1. <u>Lateral Lunges</u>	3x8 each	B3. <u>Banded Tricep Extensions</u>	4x10
B4. 10 <u>Banded Pull Apart</u>	C2. <u>3 Way SLDL</u>	3x6 each		
B5. 10 <u>Banded Shoulder Raise</u>	C3. <u>Bird Dog</u>	3x8		
x3 Sets; Rest as little as possible until all 3 sets are complete.				
<i>*If you do not have access to a band, fill a backpack with books or cans or use a filled bottle as weights with the same movements.</i>	D1. Finisher: Jump Rope 20s on, 10s off x10 rounds = 5 minutes			

Week 1 Optional Low Intensity Steady State (LISS): 15-20 Minute Jog, Row, Bike or Swim.

*If you're not participating in other aerobic sports, you should include this in your program.

Block 1 Week 2

Lift 1	Lift 2		Lift 3	
Conditioning Circuit	Full Body Lift		Conditioning Circuit	
A1. 8 <u>Burpees</u>	A1. <u>Knees Over Toes Split Squat</u>	3x6 each	A1. Even: 200M Run or 10 <u>Lateral Hop Burpees</u>	
A2. 20 <u>Step Ups</u>	A2. <u>Wall Leaning Calf Raise</u>	2x20	A2. Odd: 6 <u>Walkouts</u> 5 Sit Ups	
A3. 10 <u>Hands to Elbows Plank</u>	A3. <u>Tibialis Raise</u>	2x20		
<p>Complete 3 Rounds Rest 1:1 However long it took you to complete 3 rounds is your rest time between sets; Max 4:00 min rest</p> <p style="text-align: center;">x3 Sets</p>			<p>EMOM (Every Minute on the Minute); 20 Minutes</p> <p>Every even minute you are completing a 200M Run or 10 Lateral Hop Burpees if you don't have space to run.</p> <p>Your rest is however much time is left over from that minute.</p> <p>On the odd minute you complete 6 Walkouts and 5 Sit Ups.</p> <p style="text-align: center;">*Always end work at :50 even if you don't finish for a minimum of 10s of rest.</p>	
	B1. <u>Push Ups</u>	4x8		
Band Upper Body Circuit	B2. <u>Banded Seated Row</u>	4x10	Upper Body Circuit	
B1. 10 <u>Banded Shoulder Press</u>	B3. <u>Banded Upright Row</u>	4x10	B1. <u>Pike Push Up</u>	4x10
B2. 10 <u>Banded Bent Over Row</u>			B2. <u>Banded Bent Over Row</u>	4x12
B3. 10 <u>Banded Bicep Curl</u>	C1. <u>Lateral Lunges</u>	3x10 each	B3. <u>Banded Tricep Extensions</u>	4x12
B4. 10 <u>Banded Pull Apart</u>	C2. <u>3 Way SLDL</u>	3x6 each		
B5. 10 <u>Banded Shoulder Raise</u>	C3. <u>Bird Dog</u>	3x8		
x3 Sets; Rest as little as possible until all 3 sets are complete.				
<i>*If you do not have access to a band, fill a backpack with books or cans or use a filled bottle as weights with the same movements.</i>	D1. Finisher: High Knees 20s on, 10s off x10 rounds = 5 minutes			

Week 2 Optional Low Intensity Steady State (LISS): 20-25 Minute Jog, Row, Bike or Swim.
*If you're not participating in other aerobic sports, you should include this in your program.

Block 1 Week 3

Lift 1	Lift 2		Lift 3	
Conditioning Circuit	Full Body Lift		Conditioning Circuit	
A1. 10 <u>Burpees</u>	A1. <u>Knees Over Toes Split Squat</u>	3x6 each	A1. Even: 200M Run or 10 <u>Lateral Hop Burpees</u>	
A2. 20 <u>Step Ups</u>	A2. <u>Wall Leaning Calf Raise</u>	2x20	A2. Odd: 6 <u>Walkouts</u> 5 <u>Sit Ups</u>	
A3. 10 <u>Hands to Elbows Plank</u>	A3. <u>Tibialis Raise</u>	2x20		
<p style="text-align: center;">Complete 3 Rounds Rest 1:1 However long it took you to complete 3 rounds is your rest time between sets; Max 4:00 min rest</p> <p style="text-align: center;">x3 Sets</p>			<p style="text-align: center;">EMOM (Every Minute on the Minute); 20 Minutes</p> <p style="text-align: center;">Every even minute you are completing a 200M Run or 10 Lateral Hop Burpees if you don't have space to run.</p> <p style="text-align: center;">Your rest is however much time is left over from that minute.</p> <p style="text-align: center;">On the odd minute you complete 6 Walkouts and 5 Sit Ups.</p> <p style="text-align: center;">*Always end work at :50 even if you don't finish for a minimum of 10s of rest.</p>	
	<p style="text-align: center;">B1. <u>Push Ups</u> *3f= until you are 3 reps away from failure</p>	4x3f		
Band Upper Body Circuit	B2. <u>Banded Seated Row</u>	4x10	Upper Body Circuit	
B1. 10 <u>Banded Shoulder Press</u>	B3. <u>Banded Upright Row</u>	4x10	B1. <u>Pike Push Up</u>	4x10
B2. 10 <u>Banded Bent Over Row</u>			B2. <u>Banded Bent Over Row</u>	4x12
B3. 10 <u>Banded Bicep Curl</u>	C1. <u>Lateral Lunges</u>	3x12 each	B3. <u>Banded Tricep Extensions</u>	4x12
B4. 10 <u>Banded Pull Apart</u>	C2. <u>3 Way SLDL</u>	3x6 each		
B5. 10 <u>Banded Shoulder Raise</u>	C3. <u>Bird Dogs with Band</u>	3x10		
x3 Sets; Rest as little as possible until all 3 sets are complete.				
<i>*If you do not have access to a band, fill a backpack with books or cans or use a filled bottle as weights with the same movements.</i>	D1. Finisher: Sit Ups 30s on, 10s off x6 rounds = 4 minutes			

Week 3 Optional Low Intensity Steady State (LISS): 20-25 Minute Jog, Row, Bike or Swim.
 *If you're not participating in other aerobic sports, you should include this in your program.

Block 1 Week 4: Deload

Lift 1	Lift 2		Lift 3	
Circuit	Full Body Lift		Low Intensity Steady State	
A1. 6 <u>World's Greatest Stretch</u>	A1. <u>Knees Over Toes Split Squat</u>	3x6 each	A1. 20-30 Minute Jog	
A2. 10 <u>Step Ups</u>	A2. <u>Wall Leaning Calf Raise</u>	2x20		
A3. 5 <u>Hands to Elbows Plank</u>	A3. <u>Tibialis Raise</u>	2x20		
Complete 3 Rounds Rest 1:1 However long it took you to complete 3 rounds is your rest time between sets x2 Sets				
	B1. <u>Push Ups</u> *3f = until you are 3 reps away from failure	2x3f		
Band Upper Body Circuit	B2. <u>Banded Seated Row</u>	2x10		
B1. 10 <u>Banded Shoulder Press</u>	B3. <u>Banded Upright Row</u>	2x10		
B2. 10 <u>Banded Bent Over Row</u>				
B3. 10 <u>Banded Bicep Curl</u>	C1. <u>Lateral Lunges</u>	1x12 each		
B4. 10 <u>Banded Pull Apart</u>	C2. <u>3 Way SLDL</u>	1x6 each		
B5. 10 <u>Banded Shoulder Raise</u>	C3. <u>Bird Dogs with Band</u>	1x12		
x2 Sets				
<i>*If you do not have access to a band, fill a backpack with books or cans or use a filled bottle as weights with the same movements.</i>				

Week 4 Optional Low Intensity Steady State (LISS): 20-25 Minute Jog, Row, Bike or Swim.
*If you're not participating in other aerobic sports, you should include this in your program.

Block 2 Week 1

Lift 1	Lift 2		Lift 3		Lift 4	
Conditioning Circuit	Full Body Lift		Conditioning Circuit		Full Body Lift	
A1. 8 each <u>Reverse Lunge to High Knee Jump</u>	A1. <u>Bulgarian Split Squat</u>	4x8 each	A1. *100M Run, 5 <u>Burpees</u> , 5 <u>V Ups</u>		A1. <u>Banded Front Squat</u>	4x10
A2. 6 <u>Push Up 3 Step Lateral Walks</u>	A2. <u>Wall Leaning Calf Raise</u>	2x20	x10 Rounds; 30s rest between rounds		A2. <u>Explosive Step Ups</u>	3x6
A3. 5 <u>Rolling V Ups</u>	A3. <u>Tibialis Raise</u>	2x20			A3. <u>Good Mornings</u>	3x10
Complete 3 Rounds 2:00 rest period x2 Sets			*You can substitute the run for 200M bike, 100M row, or 30s of jump rope.			
	B1. <u>5s Eccentric Push Up</u>	4x3			B1. <u>Banded Shoulder Press</u>	4x12
Band Upper Body Circuit	B2. <u>Hands Elevated Clap Push Up</u>	3x5	Supersets		B2. <u>Banded External Shoulder Rotations.</u>	3x8 each
B1. 12 <u>Banded Shoulder Press</u>	B3. <u>Banded Seated Row</u>	4x12	B1. <u>Tricep Dips</u>	3x10	B3. <u>Scap Wall Slides</u>	3x8
B2. 12 <u>Banded Bent Over Row</u>			B2. <u>Supermans</u>	3x8		
B3. 12 <u>Banded Bicep Curl</u>	C1. <u>Lateral SL Ski Jumps</u>	3x8 each			C1. <u>Single Leg Glute Bridge</u>	3x10
B4. 12 <u>Banded Pull Apart</u>	C2. <u>Towel Hamstring Curl</u> 1 out, back with 2	3x8 each	C1. <u>Banded Lateral Twists</u>	2x8 each	C2. <u>Banded High Knee Raise</u>	3x8 each
B5. 12 <u>Banded Shoulder Raise</u>	C3. <u>Plank</u>	3x30s	C2. <u>Bear Crawl Wall Walks</u>	2x10 total	C3. <u>Hip Adduction Side Plank</u>	3x10s
x3 Sets; Rest as little as possible until all 3 sets are complete.						
					D1. <u>4 Direction Isometric Neck Holds</u>	2x10s each direction

Block 2 Week 2

Lift 1	Lift 2		Lift 3		Lift 4	
Conditioning Circuit	Full Body Lift		Conditioning Circuit		Full Body Lift	
A1. 8 each <u>Reverse Lunge to High Knee Jump</u>	A1. <u>Bulgarian Split Squat</u>	4x10 each	A1. *100M Run, 5 <u>Burpees</u> , 5 <u>V Ups</u>		A1. <u>Banded Front Squat</u>	4x12
A2. 6 <u>Push Up 3 Step Lateral Walks</u>	A2. <u>Wall Leaning Calf Raise</u>	2x20	x10 Rounds; 30s rest between rounds		A2. <u>Explosive Step Ups</u>	3x6
A3. 5 <u>Rolling V Ups</u>	A3. <u>Tibialis Raise</u>	2x20			A3. <u>Good Mornings</u>	3x12
Complete 3 Rounds 2:00 rest period x2 Sets			*You can substitute the run for 200M bike, 100M row, or 30s of jump rope.			
	B1. <u>5s Eccentric Push Up</u>	4x3			B1. <u>Banded Shoulder Press</u>	4x12
Band Upper Body Circuit	B2. <u>Hands Elevated Clap Push Up</u>	3x5	Supersets		B2. <u>Banded External Shoulder Rotations.</u>	3x8 each
B1. 12 <u>Banded Shoulder Press</u>	B3. <u>Banded Seated Row</u>	4x12	B1. <u>Tricep Dips</u>	3x10	B3. <u>Scap Wall Slides</u>	3x8
B2. 12 <u>Banded Bent Over Row</u>			B2. <u>Supermans</u>	3x8		
B3. 12 <u>Banded Bicep Curl</u>	C1. <u>Lateral SL Ski Jumps</u>	3x8 each			C1. <u>Single Leg Glute Bridge</u>	3x10
B4. 12 <u>Banded Pull Apart</u>	C2. <u>Towel Hamstring Curl</u> 1 out, back with 2	3x10 each	C1. <u>Banded Lateral Twists</u>	2x8 each	C2. <u>Banded High Knee Raise</u>	3x8 each
B5. 12 <u>Banded Shoulder Raise</u>	C3. <u>Plank</u>	3x30s	C2. <u>Bear Crawl Wall Walks</u>	2x10 total	C3. <u>Hip Adduction Side Plank</u>	3x12s
x3 Sets; Rest as little as possible until all 3 sets are complete.						
					D1. 4 <u>Direction Isometric Neck Holds</u>	2x10s each direction

Block 2 Week 3

Lift 1	Lift 2		Lift 3		Lift 4	
Conditioning Circuit	Full Body Lift		Conditioning Circuit		Full Body Lift	
A1. 8 each <u>Reverse Lunge to High Knee Jump</u>	A1. <u>Bulgarian Split Squat</u>	4x10 each	A1. *100M Run, 5 <u>Burpees</u> , 5 <u>V Ups</u>		A1. <u>Banded Front Squat</u>	4x12
A2. 6 <u>Push Up 3 Step Lateral Walks</u>	A2. <u>Wall Leaning Calf Raise</u>	2x20	x10 Rounds; 20s rest between rounds		A2. <u>Explosive Step Ups</u>	3x6
A3. 5 <u>Rolling V Ups</u>	A3. <u>Tibialis Raise</u>	2x20			A3. <u>Good Mornings</u>	3x12
Complete 3 Rounds 2:00 rest period x2 Sets			*You can substitute the run for 200M bike, 100M row, or 30s of jump rope.			
	B1. <u>5s Eccentric Push Up</u>	4x3			B1. <u>Banded Shoulder Press</u>	4x12
Band Upper Body Circuit	B2. <u>Hands Elevated Clap Push Up</u>	3x5	Supersets		B2. <u>Banded External Shoulder Rotations.</u>	3x8 each
B1. 12 <u>Banded Shoulder Press</u>	B3. <u>Banded Seated Row</u>	4x12	B1. <u>Tricep Dips</u>	3x10	B3. <u>Scap Wall Slides</u>	3x8
B2. 12 <u>Banded Bent Over Row</u>			B2. <u>Supermans</u>	3x8		
B3. 12 <u>Banded Bicep Curl</u>	C1. <u>Lateral SL Ski Jumps</u>	3x8 each			C1. <u>Single Leg Glute Bridge</u>	3x10
B4. 12 <u>Banded Pull Apart</u>	C2. <u>Towel Hamstring Curl</u> 1 out, back with 2	3x10 each	C1. <u>Banded Lateral Twists</u>	2x8 each	C2. <u>Banded High Knee Raise</u>	3x8 each
B5. 12 <u>Banded Shoulder Raise</u>	C3. <u>Plank</u>	3x30s	C2. <u>Bear Crawl Wall Walks</u>	2x10 total	C3. <u>Hip Adduction Side Plank</u>	3x12s
x3 Sets; Rest as little as possible until all 3 sets are complete.						
					D1. 4 <u>Direction Isometric Neck Holds</u>	2x10s each direction

Block 2 Week 4: Deload and Evaluation Week

Lift 1	Lift 2		Lift 3	
Conditioning: LISS	Full Body Lift		Full Body Lift	
A1. 20-30 Minute Jog, Row, Bike, or Swim	A1. <u>Bulgarian Split Squat</u>	2x10 each	A1. <u>Banded Front Squat</u>	2x12
	A2. <u>Wall Leaning Calf Raise</u>	1x20	A2. <u>Explosive Step Ups</u>	2x6
	A3. <u>Tibialis Raise</u>	1x20	A3. <u>Good Mornings</u>	2x12
	B1. <u>Push Ups</u>	3x3	B1. <u>Banded Shoulder Press</u>	2x12
Band Upper Body Circuit	B2. <u>Hands Elevated Clap Push Up</u>	1x5	B2. <u>Banded External Shoulder Rotations</u>	1x8 each
B1. 12 <u>Banded Shoulder Press</u>	B3. <u>Banded Seated Row</u>	2x12	B3. <u>Scap Wall Slides</u>	1x8
B2. 12 <u>Banded Bent Over Row</u>				
B3. 12 <u>Banded Bicep Curl</u>	C1. <u>Lateral SL Ski Jumps</u>	1x8 each	C1. <u>Single Leg Glute Bridge</u>	2x10
B4. 12 <u>Banded Pull Apart</u>	C2. <u>Towel Hamstring Curl</u> 1 out, back with 2	1x12 each	C2. <u>Banded High Knee Raise</u>	2x8 each
B5. 12 <u>Banded Shoulder Raise</u>	C3. <u>Plank</u>	1x40s	C3. <u>Hip Adduction Side Plank</u>	2x15s
x2 Sets; Rest as little as possible until all 2 sets are complete.				
			D1. <u>4 Direction Isometric Neck Holds</u>	2x10s each direction