



Southern Lions Rugby Union Football Club
Success Regional Sports Facility, 359 Hammond Road, Success, WA 6164
PO Box 3769 Success WA 6964
<http://www.southernlionsrufc.com>

Southern Lions RUFC High Performance Program

Strength and Conditioning Newsletter No.1

5 November 2012

Mesocycle: General Preparation 1

Strength Training Phase: Hypertrophy 1

Introduction

Hypertrophy is the scientific term for muscle growth. The goal of this phase is to increase the size of the muscles for later conversion to increased strength, speed and power. A secondary benefit of bigger musculature is it's ability to withstand the punishment of rugby.

The stimulus for muscle growth is an acidic environment around the muscle cell. This is achieved through a routine that emphasises high volumes (sets x reps), moderate weight and short rest periods. Simple, single joint lifts are prescribed.

Early in the pre-season period is the time to build cardiorespiratory endurance (CE). This is your ability to extract oxygen from the atmosphere, transport it to the exercising muscles and for the muscles to extract it from the blood. It is vital that you develop this capacity no matter what your position as high levels of CE allow you to perform at high level and to recover faster from sprinting and forward play. CE training is the foundation physical capacity (for rugby) particularly the dynamic, running game that it is today.

Exercise Prescription: Resistance Training

Frequency 2 times per week **Sets** 4-6 **Reps** 10-12

Weight Moderate **Rest Period** ~30 secs between

Lifts

Day 1

Leg Press	Bench Press	Stand Calf Raise	Lateral Raise
Step Up's	Supine Flyes	Toe Press	Forward Raise

Day 2

DB Bench Press	Fixed Lunges	Biceps Curls	Seated Row
Bench Pullovers	Fit Ball Ham Curls	Reverse Curls	Bent Over DB Flyers



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Exercise Prescription:

Cardiorespiratory Endurance

Frequency	3	Intensity	~70% of max	Time	20-30 mins continuous
Type	Running is best				

General Comments

The general aims of the early pre-season program are to build body size and cardiorespiratory capacity. Additionally, you should try to avoid overuse type injuries and rehabilitate from any late/off-season surgery you may have had.

If you are new to resistance training (weights) try to work with a more experienced player, alternatively, discuss your problems with me. I have deliberately kept the resistance training lifts simple so that novices are not disadvantaged. You can modify your routine (the lifts) to suit your level of experience but the hypertrophy protocol should be maintained.

If you are carrying an injury and you require assistance with your rehabilitation program please discuss this with me.

If you have any comments regarding this newsletter please let me know, preferably by dropping me an email at simon.c@optimal.net.au.

Simon Cummings

High Performance Manager