



# **Strength Endurance Training**

England Rugby players need to have the strength to make every tackle and break through opposition defenses. They train hard to ensure that they are able to go Faster. Stronger. For Longer, in every match. To reach this level of strength you have to push yourself as hard as you can on the training field and in the gym.

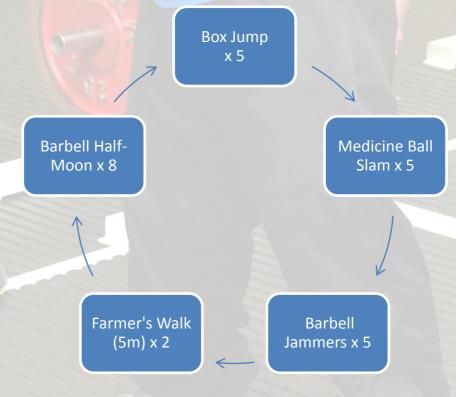
#### What you will need

- Jumping platform
- Medicine ball\*
- 2 x dumbbell\*
- Barbell with weight\*
- Lucozade Sport

# What you will do

You will complete a 5-station training circuit, aimed to give you the explosive power and core strength needed in rugby. Make sure that you push yourself as hard as you can at every station and use your rest times to properly rehydrate.

Complete the circuit 3 times through with no rest, other than walking to each station.



<sup>\*</sup>only use weights suitable for your level of strength/experience





# How to

Box Jump (power endurance) – Stand in front of a secured box or platform. Jump onto the box and immediately step back down to same position.

Medicine Ball Slam (power endurance) – Stand with your feet slightly wider than hip-width apart and hold a medicine ball over your head. With your arms slightly bent and back flat, brace your core and slam the ball onto the ground in front of you, bending your knees as you follow through. You should then catch the ball on its way back up and repeat.

Farmer's Walk (strength) – Stand with heavy dumbells either side of your feet. Squat down to pick up the dumbells, ensuring you bend your knees and keep your back straight. Walk 5 metres forward and carefully place the dumbells back onto the floor. Keep core braced and walk controlled at all times.

Barbell Jammer (power endurance) – Place one end of a barbell in a corner and place a weight at the other end. Squat down by shifting your hips back and down to create a hinge-like movement at your knees. Push your feet into the ground and drive your hips forward to straighten your legs. As you press yourself back to standing, push the barbell upwards until your arms are at full stretch.

Barbell Half-Moon (strength) – Place one end of a barbell in a corner and place a weight at the other end. Hold barbell in front of your chest with slightly bent arms. Lower barbell to the left side of your hip and then rotate it in front of you 180 degrees to the right side of your hip, ensuring you keep your waist facing forward and arms slightly bent. Keep core braced at all times.

#### Remember

- If you're not sure how to perform any exercise, try to find a demonstration video online
- Always ensure you maintain form and only use weights suitable for your level of strength/experience
- When using barbells, make sure that you attach safety clips to keep weight in place.
- Record your time so you can try to improve it next session