

RUGBY WORKOUT PROGRAM

2-Day Power, Strength & Size Split

DAY 1: LOWER POWER / UPPER STRENGTH

A. OLYMPIC LIFT - Power Development

Exercise	Sets	Reps	Load	Rest	Notes
Hang Power Clean	5	3	75-85% 1RM	2-3 min	Explosive triple extension

B. PLYOMETRIC - Lower Body

Exercise	Sets	Reps	Load	Rest	Notes
Depth Drop to Box Jump	4	4	18-24" drop	2 min	Minimal ground contact time

C. COMPLEX TRAINING CIRCUIT

Exercise	Sets	Reps	Load	Rest	Notes
Back Squat	4	5	80% 1RM	10 sec	Immediately into box jumps
Box Jump	4	5	Max height	3 min	Rest after complex is complete

D. COMPOUND UPPER STRENGTH

Exercise	Sets	Reps	Load	Rest	Notes
Bench Press	4	6	80-85% 1RM	2-3 min	Controlled tempo
Bent Over Barbell Row	4	8	Heavy	2 min	Horizontal pull

E. BAND WORK - Upper

Exercise	Sets	Reps	Load	Rest	Notes
Band Face Pulls	3	15	Heavy band	Minimal	Superset with band press
Band Press	3	15	Heavy band	90 sec	Accommodating resistance

F. ACCESSORY STRENGTH

Exercise	Sets	Reps	Load	Rest	Notes
Dumbbell Incline Press	3	10	Moderate	90 sec	Volume for hypertrophy

DAY 2: UPPER POWER / LOWER STRENGTH

A. OLYMPIC LIFT - Power Development

Exercise	Sets	Reps	Load	Rest	Notes
Push Press	5	3	75-85% 1RM	2-3 min	Explosive leg drive

B. PLYOMETRIC - Upper Body

Exercise	Sets	Reps	Load	Rest	Notes
Plyometric Push-Ups	4	6	Bodyweight	90 sec	Hands leave ground

C. COMPLEX TRAINING CIRCUIT

Exercise	Sets	Reps	Load	Rest	Notes
Overhead Press	4	5	75% 1RM	10 sec	Immediately into med ball slams
Medicine Ball Slam	4	8	Heavy ball	3 min	Rest after complex is complete

D. COMPOUND LOWER STRENGTH

Exercise	Sets	Reps	Load	Rest	Notes
Front Squat	4	6	80-85% 1RM	3 min	Upright torso position
Romanian Deadlift	4	8	Heavy	2-3 min	Posterior chain focus

E. BAND WORK - Lower

Exercise	Sets	Reps	Load	Rest	Notes
Band Resisted Broad Jumps	4	5	Band + partner	2 min	Maximum distance

F. ACCESSORY STRENGTH

Exercise	Sets	Reps	Load	Rest	Notes
Walking Lunges	3	20 steps	DBs or BB	90 sec	Unilateral strength
Pull-Ups	3	Max	+weight if 12+	90 sec	Vertical pull

PERIODIZATION STRUCTURE

- **Weeks 1-4:** General Preparation - Build volume, moderate intensity
- **Weeks 5-8:** Specific Preparation - Increase intensity, maintain volume
- **Weeks 9-12:** Competition Phase - Reduce volume, maintain intensity

CONJUGATED METHOD APPLICATION

- **Max Effort:** Olympic lifts and primary compounds (Sections A & C)
- **Dynamic Effort:** Plyometrics and band work (Sections B & E)
- **Repetition Method:** Accessory work for hypertrophy (Section F)

PROGRAMMING GUIDELINES

- **Weekly Structure:** Day 1 (Mon/Tue), Day 2 (Thu/Fri), 48-72hrs between sessions
- **Load Progression:** Add 2.5-5kg weekly when all reps completed
- **Complex Training:** 10 seconds rest between exercises is critical for potentiation
- **Recovery:** 8+ hours sleep, 2g protein per kg bodyweight, aggressive mobility

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