

FLYHALF WORKOUT

HIGH INTENSITY RUGBY TRAINING



High Intensity Rugby Training: FLY HALF WORKOUT PREVIEW

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Introduction

Everyone has their own stereotype of the #10 and, for the most part, it is just that... a stereotype.

Let's examine the facts:

You will need some size and mass to tackle anyone and everyone, because most teams will send runners down your channel off first phase. The fly half of the old days may have been fragile and scared to get stuck into it, but modern rugby demands #10s who can tackle.

You don't need to be a heavy hitter, but consistency is essential.

You will also need strength and power to through a dummy and explode through a gap when the opportunity presents itself. And the pace to support your centres when they make a break or to beat the cover defence yourself when it's your turn to go or the line.

Of course, as the chief operator of the backline, you need crisp passing and powerful kicking to be an effective distributor.

In other words, you need be much more than a pretty boy who is afraid to tackle. You are one of the most dynamic and exciting players on the field. You need to not only lead your team on attack, but dazzle the opposition with stepping, acceleration, power, and of course a little bit of flair when the situation calls for it.

The High Intensity Rugby Training (H.I.R.T.) we'll use a professional and scientific approach to forging your body into the ultimate 10 that can pass, carry, tackle effectively and when the chance is there you have the pace strength and speed to take it.

The layout of this manual is as follows: first, I'll give you a brief overview of High Intensity Rugby Training H.I.R.T., second I'll give you a no-bullshit overview of how to follow the read/follow the programme in this manual, and third I'll give you the workouts.

High Intensity Rugby Training (H.I.R.T.)

High Intensity Rugby Training is what I call the way professional rugby players train. They use scientific, performance-based training to prepare their bodies for the stresses of rugby and their position.

Generic workouts that most players use might make you look better, but they have nothing to do with rugby performance. They will not give you explosive power in contact. They will not allow give you the strength to dominate your opposite number or the speed to devastate. Generic workouts are training for training sake, not for rugby.

H.I.R.T. is better than generic workouts for five reasons:

1. Individualized – by emphasizing player choice and addressing strengths and weaknesses of the individual, H.I.R.T. is much more powerful than a generic workout made for the masses.
2. Structured – H.I.R.T. trains you differently in different parts of your season. By training differently in your off-season, pre-season, and so on, your training can take you much further.
3. Progressive – H.I.R.T. uses meso-cycles (1-4 week cycles) that build on each other. In this programme, you're going to strategically combine meso-cycles for mass, strength, and power to build you into a high performance athlete.

More on meso-cycles in a moment.

4. Specific Exercises – H.I.R.T. handpicks specific exercises that mimic the stresses your body endures on the rugby field.
5. Specific Tempos – simply being strong isn't useful for rugby. You need to be powerful. You need to be able to deliver your strength quickly in a scrum, tackle, or at the breakdown. By using specific lift tempos, you're training your muscles to deliver force quickly which you will make you more effective.

In this programme, we're going to use three meso-cycles. A meso-cycle is a 1-4 week cycle where you do the same workout sessions that focus on the same component. Here is what we'll use:

Meso Cycle 1: Hypertrophy (Mass)

Hypertrophy means adding muscle mass to your frame. The purpose of this is not to get big just for the sake of getting big. The purpose is to increase the muscle cross sectional area (CSA) so you have more muscle to turn into strength and strength-speed later on.

Meso Cycle 2: Strength

10's need to have an abundance of strength. In this programme you'll get the best exercises for building raw strength. But it's about more than just having the right exercises. To train like a professional, you need to know the right number of sets/reps and lift tempos to get maximum results. We cover all of that in this manual.

Meso Cycle 3: Strength Speed

Being strong is great, but can you apply that force quickly? The 'strength-speed' meso-cycle is all about taking the strength that you built in meso-cycle 2 and making sure you can deliver it explosively.

Meso Cycle 1: HYPERTROPHY (Gaining Mass)

Let's get started. There are four workout sessions for hypertrophy. Complete all the sessions, every week. Most players will complete one session per day but if you train twice a day, you can do more than one session per day. Use this meso-cycle for 1-4 weeks and then advance to the "Hypertrophy – Progression 1" sessions for 1-4 weeks. After that, move onto the strength meso-cycle.

How long you use the hypertrophy meso-cycle and progression is your choice, depending on your personal training goals and/or when you season starts. Both the "Hypertrophy" and "Hypertrophy – Progression 1" meso-cycles can be used for 1-4 weeks which means you should be spending 2-8 weeks gaining mass with hypertrophy.

Fly Half / 10 Meso Cycle #1 Hypertrophy	Session	Exercise	Notation
	1	Back Squat	1 x 5 @ 80%
		Incline Bench Press	2 x 4 @ 85%
		Lat Pull Down	3 x 3 @ 90%
	2		2 x 4 @ 85%
			1 x 5 @ 80%
		Deadlift	3 x 8 @ 75%
		Barbell Shoulder Press	3 x 8 @ 75%
	3	DB Front Raise	3 x 8 @ 75%
		DB Upright Row	3 x 8 @ 75%
Bench Press		3 x 8 @ 75%	
Bent Over Row		3 x 8 @ 75%	
4	DB Flyes	3 x 8 @ 75%	
	DB Reverse Flyes	3 x 8 @ 75%	
	Front Squat	10 x 3 @ 90%	
	Snatch Grip Shoulder Press	10 x 3 @ 90%	

<p>Fly Half / 10</p> <p>Meso Cycle #1 Hypertrophy Progression 1</p>		Notation	Notes
		3 x 8 @ 75%	Maintain strong postural position, DO NOT round off upper back.
		3 x 8 @ 75%	Arnold Variation. Start with knuckles facing away from you, as you press upwards rotate the wrists so the knuckles are facing you at the top of the movement, reverse on the lower.
		3 x 8 EL @ 75%	
		3 x 8 @ 75%	
		10 x 10 @ 60% 4010	Be strict on the 4 second eccentric contraction. Close grip, knuckles face away from you and the eccentric contraction is when the bars moves away from you.
		10 x 10 @ 60% 4010	
		10 x 3 @ 85%	Hold in the bottom position for a count of 1 hold 2 hold 3 hold and up
		5 x 8 @ 75%	
		5 x 8 @ 75%	
		4 x 8 @ 75%	
		3 x Max @ BW	Hands wide, knuckles facing you. Chin above bar, full arm extension at bottom.
		4 x 8 @ 75%	
		4 x 8 @ 75%	

Meso Cycle 2: STRENGTH

After you've trained for 2-8 weeks with the hypertrophy meso-cycles, you're ready to turn that added mass into raw strength.

On the next pages, you'll find our "Strength" meso-cycle and our "Strength – Progression 1" meso-cycle. Each has four sessions. Again, you have to decide for yourself to spend 1, 2, 3, or 4 weeks on each of these. In total, you'll spend 2-8 weeks building strength.

Fly Half / 10 Meso Cycle #2 Strength		Notes
		Full depth.
		Step out is dependent on height, bend both knees through 90 degrees.
		Wide grip, knuckles facing you.
		Maintain strong posture. They should be a straight line from shoulder to hip and knee.
		Have platform height so that when the flat foot is placed on it the axis of the knee is higher than the axis of the hip.
		Arnold variation.
	Close grip, knuckles facing away from you.	

Fly Half / 10 Meso Cycle #2 Strength Progression 1	Session	Exercise	Notation
	1	Front Squat	5 x 5 @ 85%
		Push Press	5 x 5 @ 85%
		SL DB Romanian Deadlift	3 x 5 EL @ 85%
		Upright Row Drop Set	3 x 8 x 3 @ 75 / 65 / 55%
	2	DB Incline Bench Press	5 x 5 @ 85%
		Bent Over Row	5 x 5 @ 85%
		DB Flyes	3 x 5 @ 85%
		Chins	3 x Max @ BW
	3	Overhead Squat	3 x 5 @ 80%
		Kneeling Shoulder Press	3 x 5 @ 80%
		Deadlift	5 x 5 @ 85%
		SA Alt DB Shoulder Press	5 x 5 @ 85%
	4	SA DB Bench Press	5 x 5 @ 85%
		Feet High Inverted Row	5 x Max @ BW
Incline Bench Press		3 x 5 @ 85%	

Meso Cycle 3: STRENGTH SPEED

We've added mass, turned that mass into strength, and now we need to train our muscles to deliver that strength quickly.

The equation for power is strength x speed. In this section, you'll find our "Strength-Speed" and "Strength-Speed – Progression 1" meso-cycles. Again, you should decide to spend 1-4 weeks on each.

This meso cycle emphasises the strength portion of the equation. You still need to be performing the movements quickly but the load will be 60 - 80%.

Fly Half / 10
Meso Cycle #3 Strength-Speed

Fly Half / 10
Meso Cycle #3 Strength-Speed



Fly Half / 10
Meso Cycle #3 Strength-Speed Progression 1

