



Seattle Vikings Off Day Work Out

Rugby matches are 70 minutes long; involve almost constant running or jogging with short bursts of high intensity. Aerobic conditioning and core strength are critical to being match fit. This workout is recommended for all players on off days (no training or games).

Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Training	Sprint Training	Training	Interval Training	Extended Run

Sprint Training

- Full Body Dynamic Stretch
- 5 sets of
 - 25 Crunches
 - 25 Sit ups
- 5 Sets of
 - 25 pushups
 - 15 Dips
- 4 X 400 meter sprint
- 4 x 200 Meter sprint
- Rest Two minutes
- Run stairs. Ideally these are stadium stairs, if you have access to a stadium to run stairs run 3 sets- one set is up and down. If you don't have access to a stadium find a set of stairs or a steep hill and run up and jog down for 15 minutes.
- Post Workout Stretch

Rugby Specific Interval training

- Full Body Dynamic Stretch
- 5 sets of
 - 25 Crunches
 - 25 Sit ups
- 5 sets of
 - 20 squats
 - 10 lunges (each leg)
- 25 minutes of interval running. On a football field jog the length of the sideline, sprint the width (in the end zone), jog to the opposite end and sprint back to the starting point.
- Full stretch

Extended Run

- Full stretch
- 5 sets of
 - 25 Crunches
 - 25 Sit ups
- 5 Sets of
 - 25 pushups
 - 15 Dips
- 3 Mile run. Make this more fun by running on trails through a woods or someplace interesting. The ideal run will have hills and elevation changes as well as uneven ground (dirt trail, grass etc) that will help strengthen the ankles and feet.
- Full Stretch