

WARURA Strength and Conditioning 2026







THEME | MAINTAIN

FIELD

Drill	Notes	Week 1	Week 2	Week 3	Week 4
Touch Rugby	None	10 mins	10 mins	10 mins	10 mins
Dynamic Stretching					
Broken Broncos	60m, 40m, 20m, every 2 mins	8 x starting pace, 3 x starting pace	5 x increase pace, 3 x increased pace	5 x increase pace, 3 x increased pace	5 x increase pace, 3 x increased pace
40m sprint	Recovery jog back	10 x @100	10 x @100	12 x @100	12 x @100
Box Drill	Continuous, both directions	6 x left, 6 x right	6 x left, 6 x right	6 x left, 6 x right	6 x left, 6 x right

THEME | MAINTAIN

GYM

EXERCISE + PARAMETERS	NOTES
Exercise Bike	5 minutes
PLYOMETRICS	
Single leg dynamic pogos	Each side x 30
Double leg jumps	For height x 12
Single leg bridges	Each leg, x 20
Copenhagen Adductor holds	Each leg, 15s x3
Banded hip flexor holds	Each leg, 15s x4
WORKOUT	
Barbell dumbbell bench press	3 x 8 
Sled push (sprint)	5 x 15m 
Double leg barbell squat	3 x 8 
Romanian deadlift	3 x 8 
Pullups	3 x max