

WARURA Strength and Conditioning 2026







THEME | PERFORMANCE

FIELD

Drill	Notes	Week 1	Week 2	Week 3	Week 4
Touch Rugby	None	10 mins	10 mins	10 mins	10 mins
Dynamic Stretching					
Fartlek Training	80% length of cabbage patch, 50% along width	4 x 3 mins on, 1 min off	4 x 3.5 mins on, 1 min off	4 x 4 mins on, 1 min off	4 x 4.5 mins on, 1 min off
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
Sprints	20m sprint, walk back, every 30s	8 x	8 x	10 x	10 x

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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	
Dumbbell walking lunges	4 x 15m 
Goblet Squats	3 x 8 
Hamstring sliders (slow)	3 x 8 
Heavy dumbbell seated calf raises	2 x 6 
Plank	3 x 60s hold