

WARURA Strength and Conditioning 2026



THEME | REBUILD

FIELD

Drill	Notes	Week 1	Week 2	Week 3	Week 4
Touch Rugby	None	10 mins	10 mins	10 mins	10 mins
Dynamic Stretching					
Jog	6 mins on 1 min off	2 x @50%	2 x @55%	2 x @60%	2 x @65%
40m sprint	Dead stop, walk back	12 x @70%	12 x @80%	12 x @90%	12 x @90%
Box Drill	Continuous, both directions	6x left 6x right	6x left 6x right	6x left 6x right	6x left 6x right

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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	
Isometric calf raises	6 x 20 second hold 
Dumbbell goblet squats with heels elevated	2 x 6 
Sled push/pull	2 x Length of gym (push and pull) 
Barbell sit to stands	2 x 6 
Plank	3 x 45s hold