

# WARURA Strength and Conditioning 2026







## THEME | CONDITION

### FIELD

Drill	Notes	Week 1	Week 2	Week 3	Week 4
Touch Rugby	None	10 mins	10 mins	10 mins	10 mins
Dynamic Stretching					
60m jog	Every 30 seconds	12 x @70%	12 x @75%	12 x @80%	12 x @85%
60m sprint	Dead stop, 30s rest	8 x @90%	8 x @100%	8 x @100%	8 x @100%
Shuttles	Backpedal 5m per rep	6 x 5m, 10m, 15m, 20m	7 x 5m, 10m, 15m, 20m	8 x 5m, 10m, 15m, 20m	9 x 5m, 10m, 15m, 20m

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### GYM

EXERCISE + PARAMETERS	NOTES
Exercise Bike	5 minutes
<b>PLYOMETRICS</b>	
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
<b>WORKOUT</b>	
Seated dumbbell calf raises	3 x 8 with 2 second hold 
Bulgarian Split Squats	2 x 6 each leg 
Walking dumbbell lunges	2 x 20m 
Barbell bench press	3 x 6 
Seal Row	3 x 8 