

WARURA Strength and Conditioning 2026



THEME | POWER

FIELD




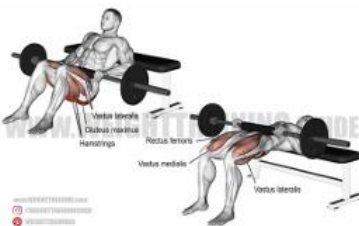

| Drill | Notes | Week 1 | Week 2 | Week 3 | Week 4 |
|---------------------------|--|-------------------|-------------------|-------------------|-------------------|
| Touch Rugby | None | 10 mins | 10 mins | 10 mins | 10 mins |
| Dynamic Stretching | | | | | |
| Broken Broncos | 60m, 40m, 20m, every 2 mins | 5 x starting pace | 5 x increase pace | 5 x increase pace | 5 x increase pace |
| Variable Shuttles | Sprint to 22m Jog to 40m Sprint to 60m Jog back, 60m sprint | 5 x | 5 x | 6 x | 6 x |
| 22m Sprint | Start facing carpark, open up gait after 5m, walk back | 10 x | 10 x | 10 x | 10 x |

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THEME | POWER

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 6  |
| Sled push (sprint) | 5 x 15m  |
| Double leg barbell squat | 2 x 6  |
| Weighted barbell hip thrust with box | 2 x 6  |
| Pull ups | 3 x max  |