

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



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