

WARURA Strength and Conditioning 2026







THEME | PUSH

FIELD

Drill	Notes	Week 1	Week 2	Week 3	Week 4
Touch Rugby	None	10 mins	10 mins	10 mins	10 mins
Dynamic Stretching					
Shuttles	Every 40s	12 x 120m	12 x 120m	12 x 120m	12 x 120m
40m sprint	Recovery jog back	10 x @100	10 x @100	12 x @100	12 x @100

THEME | PUSH

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	
Double leg calf raise smith machine with plates	6 x 20 second hold 
Dumbbell Bulgarian split squats	3 x 6 each leg 
Barbell weighted hip thrusts with box	3 x 6 
Bench Press	3 x 6 
Barbell Seal row	4 x 8 