



## **GOALS AND EXPECTATIONS - U-19 AND U-17 HIGH SCHOOL BOYS PROGRAM**

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Every player will be match fit to a high level!

### **AT THE TRAINING CAMPS:**

1. Be prepared to run a mile in 8 minutes or under.
2. Be prepared to run the beep test as a measure of anaerobic fitness.
3. Be prepared to run 3000 yards in practice in addition to ball skills, tackling, rucking and position play specifics.
4. Be prepared with Ball Skills of passing, kicking and catching.
5. Be prepared with defensive skills of positioning, tackling, and rucking.
6. Be prepared to commit to defensive as a primary strategy of U-19 play.

This means to dominate the tackle area!

7. Have an open mind to ensure learning of new skills while increasing current abilities and fitness.
8. Be prepared to listen and contribute to the growth of the team and to other players

## **U-19 AND U-17 HIGH SCHOOL BOYS FITNESS PROGRAM**

**GOAL: TO INCREASE YOUR FITNESS BASE AND YOUR ANEROBIC FITNESS FOR HIGH LEVEL PLAY**

**FIRST THREE WEEKS (WEEKS ONE, TWO AND THREE)**

1. 400 YARD JOGGING GENTLE WARM UP FOLLOWED BY DYNAMIC STRETCHES- NOT STATIC STRETCHES.
2. TEN PACERS: 100 YARDS AT 80% PACE FOLLOWED BY 50 YARD JOGGING RETURN @ 50%

Then 50 yard walking then repeat to = 1500 yards per session

As fitness increases then increase the return jog to 75 yards then to all 100 yards, thereby cutting the rest intervals and not the interval of running.

WEEKS FOUR THROUGH SIX – continue 400 yard jog for warm up and dynamic stretching

1. Shuttle runs to equal 600 yards with a partner and alternate runs (equal work and rest)
  - a. 600 yards can be divided into 25 x 6 x 3 sets (down and backs) or 50 x 4 x 3 sets or 75x 2 x 4. You choose.
2. Eagles training with three sets of 60 yards x 2 (down and back) X 6 sets (alternating with partner) and three sets to equal 720 yards per set. Take a water break of five minutes or so between sets. To equal 2160 yards.
3. RUNNING PROGRAMS ABOVE SHOULD BE ONLY TWO DAYS PER WEEK IN ADDITION TO YOUR TWO TEAM PRACTICES PER WEEK. Be sure to take a rest day before matches and probably either Sunday or Monday off during your season.
4. After all training runs complete your workout with upper bodywork of at least 100 pushups- in set of 25 and 300 sit-ups in sets of 50 or 75. Burpees or star jumps are an option and additional exercise. Cool down jog and static stretches at finish.

KEEP A RECORD OF YOUR INTERVAL TRAINING PROGRAM ON A 4 X 6 CARD(S) AND HAVE YOUR WORKOUT PARTNER SIGN OFF ON EACH WORKOUT AND BE PREPARED TO PRESENT YOUR TRAINING RECORDS AT THE FIRST Rugby Oregon meeting and training session!