

ACCELERATION & MAXIMUM VELOCITY

Warm-up

- Before you begin any of these sessions it is important that you spend at least 10-minutes warming up and getting your body ready to work at the intensity required during these sessions
- Training to improve your acceleration and speed requires you to perform each effort during the session at a maximal intensity, therefore your body needs to be prepared to operate at this level to ensure you do not suffer any injuries
- As an example-

Easy jog & skip 300m- Alternate efforts of 50m skipping and jogging up and back a rugby field

A-Skips over 20m- Complete 3 X 20m with an easy low skip back to the start each time. Concentrate on keeping upper body up right (tall posture), relaxed full arm swing from the shoulders, punching your feet into the ground, big split between legs each skip

Cariocas over 20m- Running sideways concentrating on accelerating rear knee through with each stride and getting separation between torso and lower body

High knee runs over 20m- Complete 3 X 20m with an easy skip back to the start line each time- Focus on keeping upper body up right (tall posture), relaxed arm drive with the swing coming from the shoulders, powerful foot contact with the ground, quick foot contact with the ground, toe up on foot contact with the ground

Butt kick runs over 20m- Complete 3 X 20m with an easy skip back to the start line each time- Focus points as outlined above but this time kicking heels back up towards butt

Walking lunges- Complete 5 walking lunges each leg- Focus on keeping upper body upright, feeling a stretch in the hip flexor and quadriceps in your back leg and the hamstring in your front leg each lunge, hold the bottom lunge position for 2 seconds each time

Frankenstein marches- Complete 5 marches each leg- Focus on keeping upper body upright while kicking 1 leg out in front of you. Don't kick too high each time, just high enough that you can feel a stretch in the hamstring of the leg you are kicking out

Sub maximal accelerations- Perform 2 X 20m accelerations at approximately 80-90% of your maximum speed with an easy skip back to the start line each time

Perform 2 X 30m accelerations at approximately 80-90% of your maximum speed with an easy skip back to the start line each time

Perform 2 X 40m accelerations at approximately 80-90% of your maximum speed with an easy skip back to the start line each time

Stretch- Have a final stretch of each of the major muscle groups of the lower body- Glutes, hamstrings, quadriceps, hip flexors, inner thighs (groin), calves.

Session 1- Acceleration

Pace out and place a marker at **10m/15m/20m**

Rolling start efforts-

- Here each effort begins with an easy 5m jog to the start line
- When you hit the start line accelerate as hard as you can through to the 10m marker
- Make sure you run past the marker each time and come to a gradual stop rather than trying to slow down as quickly as you can
- Have an easy walk back recovery between each effort
- Remember each effort must be performed at a maximal intensity so run as fast as you can each time. Focus on a fast powerful arm drive during the efforts as leg speed is dictated by your arm speed. Keep your torso strong each time and keep shoulders relaxed. Make sure arm drive is not across your body, keep it linear
- Complete 5 efforts at each distance- **225m**

3-minute recovery/drink

Standing start efforts-

- This time you will begin each effort with a standing start
- Complete 5 efforts at each distance- **225m**

Total session distance (excluding warm-up)- 450m

At the completion of the session make sure you have a very good stretch of all the major muscle groups of the lower body- Spend at least 10-minutes going through these stretches.

Session 2- Maximum Velocity

Warm-up

- As outlined above

Pace out and place markers at **40m/50m/60m**

Rolling start efforts-

- As above each effort begins with an easy 5m jog to the start line
- When you hit the start line accelerate as hard as you can through to the 40m marker
- Make sure you run past the marker each time and come to a gradual stop rather than trying to slow down as quickly as you can
- Have an easy walk back recovery between each effort
- With these longer efforts you will need to concentrate on maintaining your sprint form throughout the duration of each effort. When you begin to fatigue you will tend to get lazy with your technique and this will cause you to run slower
- Complete 3 efforts at each distance- **450m**

3-minute recovery/drink

Standing start efforts-

- This time you will begin each effort with a standing start
- Complete 3 efforts at each distance- **450m**

Total session distance (excluding warm-up)- 900m

As above, take 10-minutes and have a good stretch of all the major muscle groups of the lower body.

Session 3- Acceleration & Change in Direction

Warm-up

- As outlined above

Place markers at **5m/10m/20m**

Forwards/Backwards change of direction-

- Starting on the try line on your stomach, get up as quickly as you can and accelerate through to the 5m line
- Stop as quickly as you can once you pass the 5m line- When training to stop quickly focus on dropping your hips and taking short, quick strides
- Accelerate backwards to the try line as quickly as you can
- Once you reach the try line accelerate forwards as fast as you can to the 20m marker
- The idea of this drill is to cover the total distance as quickly as you can- Distance of each effort is **30m**
- Easy walk back to the start- Repeat X 5- **150m**
- Start from different body positions for each effort- stomach, back, sitting, kneeling, standing

3-minute recovery/drink

- Repeat X 5 efforts- **150m**

Acceleration + Left/Right change of direction

- With a 5m rolling start accelerate hard through to 10m
- At the 10m marker cut hard to either the left or right and continue to accelerate as hard as you can for 5m
- When you change direction concentrate on maintaining stride rate (don't slow down)
- Plant your outside foot hard and drive off
- Keep arm drive fast and strong
- Distance of each effort is **15m**
- Easy walk back recovery between each effort- Repeat X 5- **75m**

3-minute recovery/drink

- Repeat X 5 efforts- **75m**

Total session distance (excluding warm-up)- 450m

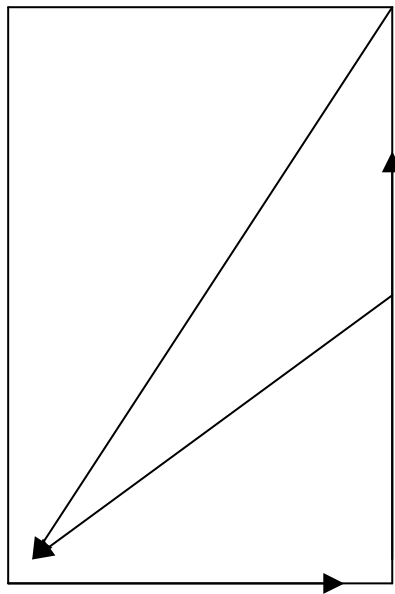
As above, take 10-minutes and have a good stretch of all the major muscle groups of the lower body.

CONDITIONING

- Always complete at least 10-minutes warm-up prior to beginning your session
- Running of gradually increasing intensity as well as dynamic stretching-
Roll to hamstring stretch X 10
Lying rotations- 5 each side on your back then rolling onto your stomach for 5 each side
Hamstring/Hip flexor stretch- 5 each leg holding for 2s in each position
10 ½ push-ups- keeping hips and legs on ground while pushing your upper body up
10 leg swings each side gradually increasing force of swing
5 walking lunges each side
5 walking leg kicks each side

SESSION 1

Big/small triangles



For the first set of intervals you are completing 1 field width-1 full field length-1 diagonal back to the start. This adds to **292m**

Complete **5 X 292m** intervals

Run each interval hard while concentrating on holding good form right through each effort

Begin each new interval on:

Props/Hookers/Locks- 2min30sec

Backrow/Backs- 2min

3 minute recovery/drink

For the next 10 intervals you are completing 1 field width-1/2 a length- 1 diagonal back to the start.

This adds up to **206m**

Complete **10 X 206m** intervals

Begin each new interval on:

Props/Hookers/Locks- 1min45sec

Backrow/Backs- 1min15sec

Session total- 3520m

SESSION 2

Set 1- 10 X 100m

Beginning each interval on 60s
Aim to complete each interval in-
Props/Hookers- 20-25s
Locks/Backrow/backs- 16-18s

2 minute recovery/drink

Repeat 10 X 100m

2 minute recovery/drink

Set 2- 10 X 50m

Beginning each interval on 30s
Aim to complete each interval in-
Props/Hookers/Locks- Under 10s
Backrow/Backs- Under 8s

90 second recovery/drink

Repeat 10 X 50m

Session total- 3000m

SESSION 3

Set 1- 10m drill

Start on the 10m line
Sprint to the ½ way line & back to the 10m
Sprint to the far 10m- drop to the ground touching your chest to the line- sprint back to the start
The distance you are sprinting each time is **60m**
Complete each sprint in the fastest speed possible each time
Repeat 5 repetitions starting each new interval on 45s

90 second recovery/drink

Repeat 3 sets of 5 repetitions with 90s recovery between each set of 5

2 minute recovery/drink

Set 2- 22m sprint repeats

6 X 22m starting each interval on 20s

90 seconds recovery

4 X 22m starting each interval on 20s

90 seconds recovery

6 X 22m starting each interval on 20s

2 minute recovery/drink

Repeat Set 1

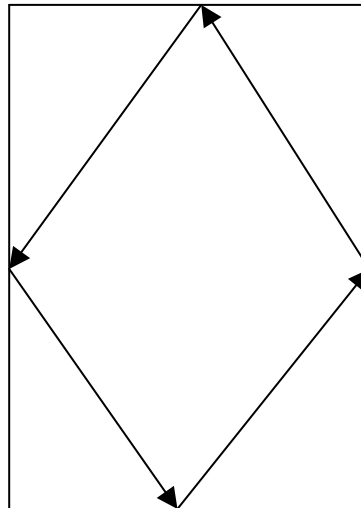
Session total- 2152m

SESSION 4

Diamond run

Starting under the goal posts at 1 end

The course is a diagonal run from centre field under the posts out to a cone at the intersection of the $\frac{1}{2}$ way line and the side line, diagonal into the centre under the goals posts at the other end, diagonal out to a cone at the intersection of the $\frac{1}{2}$ way line and the side line then back to your start position under the goal posts.



Follow the arrows in the diagram above

Each round is 244m

Complete 5 diamonds

Begin each new interval on:

Props/Hookers/Locks- 2min15sec

Backrow/Backs- 1min45sec

Complete each interval as fast as you can each time, aiming to minimise the decrement over the 5 repetitions

3 minute recovery/drink

Repeat 5 diamonds

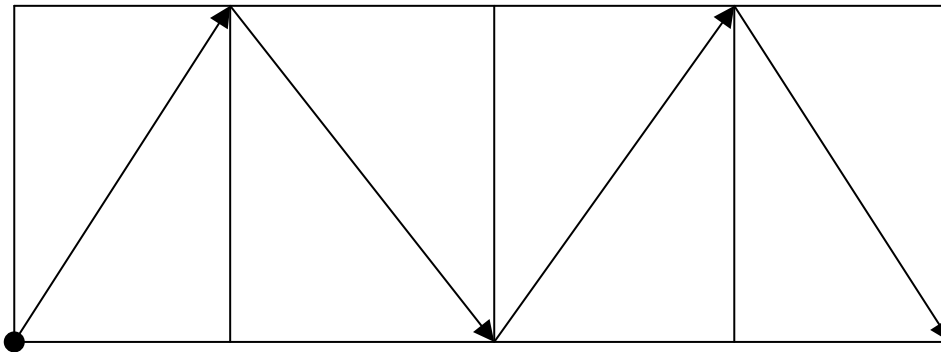
3 minute recovery/drink

Repeat 5 diamonds

Session total- 3660m

SESSION 5

Full field zig-zag



Follow the arrows in the diagram above

Place markers of some type at each change of direction as in the above diagram (try line/22m line/1/2 way line/22m line/try line)

Begin in 1 corner of the field

Follow the lined arrows as in the diagram above, covering the distance as quickly as you can

Aim to accelerate hard out of each corner

Each full field zig-zag is 296m

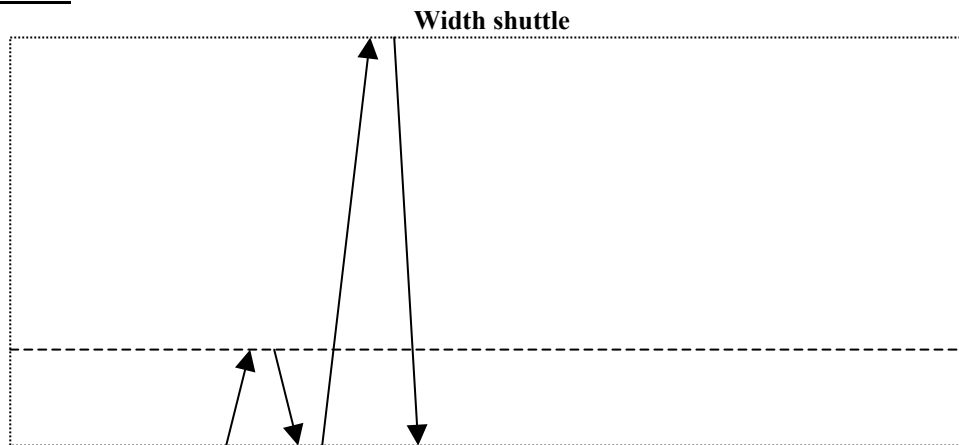
Complete **5 X 296m** with **90s recovery** between each effort

3 minute recovery/drink

Repeat **5 X 296m** with **90s recovery** between each effort

Session total- 2960m

SESSION 6



Follow the arrows in the diagram above

Begin on the side line

Sprint to the 15m line and drop to the ground

Perform a push-up then get up as quickly as you can and sprint back to the sideline

Perform a push-up then get up as quickly as you can and sprint to the far sideline

Accelerate as fast as you can out of the turn and sprint back to the start

Each repetition is **170m**

Complete **5 X 170m** beginning each new effort on 90s

90 second recovery

Repeat **3 sets of 5 X 170m** efforts (so in total for the session you will complete **15 X 170m**)

Have **90 seconds recovery** between each set of 5 X 170m

Session total- 2550m

SESSION 7

400m effort (4 lengths of the field)
Begin next effort on 4-minutes

400m effort
Begin next effort on 4-minutes

300m effort (6 X 50m)
Begin next effort on 3-minutes

300m effort
Begin next effort on 3-minutes

200m effort (2 lengths of the field)
Begin next effort on 2-minutes

200m effort
Begin next effort on 2-minutes

100m effort (50m up & back)
Begin next effort on 60s

100m effort

3-minute recovery/drink

Repeat

Aim is to run each effort as hard as you can- recoveries are set at a time that should allow you to maintain leg speed throughout each effort

Session total- 4000m

SESSION 8

5 X 200m efforts
Alternate between 50m up & back repeats and 100m up & back repeats
Begin each new effort on 2-minutes

90s recovery/drink

5 X 200m efforts
Begin each new effort on 90s

90s recovery/drink

5 X 200m efforts
Begin each new effort on 2-minutes

Session total- 3000m