

Intro:

UR7s has teamed up with InnerFight to bring you a 8 week specific training program for Rugby 7s. Looking at all areas of Fitness required for the game. Marcus Smith of InnerFight has played at the highest level and is now a world renowned fitness coach and Crossfit Athlete, he is perfectly placed to make sure you are in the very best condition for the rugby 7s season, each and every season.

This is the 8 week program which will take you through a simple strength cycle that needs minimal equipment, is easy to follow and is very time efficient. All workouts inclusive of a 7 minute movement warm up can be completed within an hour.

Application:

It is suggested that you split the 3 days workouts with a day rest in between hence the days are stipulated as 1,3 and 5. However if your rugby schedule does not allow this then alter to your schedule. If you have a match or tournament on day 6 of the week then ensure you rest the day before so essentially front end your training to the start start of the week. Days 1 and 3 are pure strength based workouts where day 5 delivers dynamic and conditioning workouts that simulate the game of rugby sevens.



Definitions:

EMOTM: Every minute on the minute: You will complete the specified number of reps starting at the top of the minute. If for example this takes you 15 seconds the you rest for the remainder of the minute

AMOTM: Here you have 2 exercises. On the first minute you complete the reps for the first exercise, as EMOTM if this only takes you 15 seconds then you have 45 seconds rest. On the second minute you complete the reps for the second exercise.

AMRAP: As many rounds / repetitions as possible within the specified time frame.

Tabata: This is an 8 round application where you will work for 20 seconds and

Movement:

It is highly important that you follow correct movement patterns and standards, all exercises prescribed in this program have links for video demonstrations (just click on the exercise) which you are encouraged to watch carefully and execute your exercises in line with. If you are unclear on any of the exercises and movements please contact winning@innerfight.com for clarification.

% calculations for strength:

After you have established your 1 rep max for the various exercises we will work on % of this throughout the strength program. At the lower end of the these % you will be ready to start the work straight after the warm up, however when they reach 75% and upward you may want to complete 1-2 warm up sets to hit that weight.

The game of rugby sevens.

- Rugby 7s is one of the fastest growing sports in the world, it's the new world of Rugby Union with players from every corner of the world competing at all levels of the game. No longer is the sport just being played in-between seasons for 15s but it is now a sport in itself with it debuting at the Olympic Games in Rio 2016.
- With matches lasting 14 minutes and sometimes as many as 6 games in a day the importance of a players fitness is paramount. Combining strength, speed and endurance like no other sport on the planet, training in the right way, at the right time and doing so with performance at all levels in mind is hugely important.
- Aside from the skills required to play the game, one of the most important areas for success that everyone can take upon themselves to improve is the area of Fitness, Strength & Conditioning.

Week 1:

In week 1 day 1 you will be tested across 5 strength exercises and 1 conditioning workout. These will be your benchmarks and will be retested at the end of week 8 of the program. Day 3 kicks off the strength program and you finish with day 5 on sevens specific conditioning workouts. You will see the time domains for these workouts simulate that of a sevens game so please follow the timelines and rest periods as specified for maximum effect.

Day 1:

Test day

1. 7 minute warm up
2. Strength test: Check your total through these 4 movements: You have 8 minutes to establish a 1 rep max for each of the 4 below movements, this will act as the starting benchmark, will be used to calculate your lifts in the coming weeks and will be tested at the end of the program to measure improvements.
 1. 1 RM Back Squat
 2. 1 RM Deadlift
 3. 1 RM Strict press
 4. 1 RM Bench Press
 5. 1 RM Power clean
3. Conditioning benchmark: 500m row, 2 burpees (over the rower) 400m row, 4 burpees, 300m row, 6 burpees, 200m row, 8 burpees, 100m row, 10 burpees. If you do not have a rowing machine available then substitute the row for a run.



Day 3:

1. 7 minute warm up
 2. Strength:
 1. EMOTM for 10 minutes 5 reps @ 65% Back squat
 2. EMOTM for 10 minutes 5 reps @ 65% Bench press
 3. EMOTM for 10 minutes 5 reps @ 65% Deadlift
 4. EMOTM for 10 minutes 3-5 reps strict Pull ups
- Rest 2 minutes between exercises

"We don't want to be beaten by teams in terms of fitness and it's easy to sort that out with programming and conditioning and hard work"

Ben Ryan, Fiji 7s Coach

Day 5 :

1. 7 minute warm up
2. Dynamic:
 1. AMOTM for 14 minutes: 1. 10 clap push ups. 2. 20 jumping lunges
 2. AMOTM for 14 minutes: 1. 40m bear crawl. 2. 10 box jumps to a 24 inch box

Rest 2 minutes between part 1 and part 2
3. Conditioning: start the below within 5 minutes of finishing part 2 above:
 1. 7 minutes to row / run 500m and then complete as many rounds as possible of: 5 air squats, 5 hand release push ups
 2. 7 minutes on the minute 15 burpees. (If you finish your 15 burpees in 20 seconds you rest for the remainder of the minute.)

Week 2:

Our strength application of reps on the minutes will ensure you have enough time to recover between sets but move through the workout efficiently. This week we are using 75% of your 1 rep max as the working weight which will become challenging around the 6th minute. If you need to break the reps across the minute then do so but please ensure you complete the stipulated number of reps and sets.

Day 1:

Strength

1. 7 minute warm up
2. Strength:
 1. EMOTM for 10 minutes 4 reps @ 65% Front squat (% is based on back squat)
 2. EMOTM for 10 minutes 4 reps @ 75% Deadlift
 3. EMOTM for 10 minutes 4 reps @ 75% Power clean
 4. TABATA sit ups
 5. 50 plate twists

Rest 2 minutes between exercises.

Day 3:

Strength

1. 7 minute warm up
2. Strength:
 1. EMOTM for 10 minutes 4 reps @ 75% bench press
 2. EMOTM for 10 minutes 4 reps @ 75% strict press
 3. EMOTM for 10 minutes 4-6 strict dips
 4. EMOTM for 10 minutes max time hand stand hold against the wall

Rest 2 minutes between exercises.



Day 5 :

1. 7 minute warm up
2. Dynamic:
 1. AMOTM for 14 minutes: 1. 20 air squats 2. 20 hand release push ups
 2. AMOTM for 14 minutes: 1. 40m crab walk 2. 10 broad jumpsRest 2 minutes between part 1 and part 2
3. Conditioning: start the below within 5 minutes of finishing part 2 above:
 1. 7 minutes AMRAP: 50 skips, 10 box jumps, 5 burpees
 2. 7 minutes to row / run 1km and then complete as many sit ups as possible in the remaining timeRest 2 minutes between part 1 and part 2

"I work hard on and off the field, in training and in my own time. It's the only way to be ready for game day and tournaments at any level be it schoolboy or international rugby 7s" - Chris Cracknell, England 7s

Week 3:

This week we reduce your time under load (reps) but increase your weight in the strength days. Your conditioning workouts are again split into two sections with specific 2 minutes rests, please ensure you continue to be strict with these rest periods.



Day 1:

Strength

1. 7 minute warm up
2. Strength:
 1. EMOTM for 10 minutes 2 reps @ 80% Back squat
 2. EMOTM for 10 minutes 2 reps @ 80% Power clean
 3. EMOTM for 10 minutes 6 reps strict pull ups. (If these have to be broken down the do so. If 6 is too easy then increase)
 4. 50 sit ups

Rest 2 minutes between exercises.

Day 3:

Strength

1. 7 minute warm up
2. Strength:
 1. EMOTM for 10 minutes 2 reps @ 80% Incline bench press
 2. EMOTM for 10 minutes 2 reps @ 80% Push press
 3. EMOTM for 10 minutes 8 reps strict dips. (If these have to be broken down the do so. If 8 is too easy then increase)
 4. EMOTM for 10 minutes hold 30 seconds in plank. (If 30 seconds is not achievable then scale back, if it is too easy then increase to 45 seconds)

Rest 2 minutes between exercises.

"All players need to be the fittest and most prepared that they can possibly be. There is no more unforgiving environment than the rugby 7s field irrespective of the level of game you play" - Huw Warren, UR7s Academy S&C coach

Day 5 :

1. 7 minute warm up
2. Dynamic:
 1. AMOTM for 14 minutes: 1. 20 air squats 2. 12 burpees
 2. AMOTM for 14 minutes: 1. 40m bear crawl 2. 10 broad jumpsRest 2 minutes between part 1 and part 2
3. Conditioning: start the below within 5 minutes of finishing part 2 above:
 1. 5 minutes to run 400m then complete max back squats for total weight. You choose the weight here. i.e. if you choose 40kg and do 50 reps your score is 2000. You are not allowed to rack the bar at any time
 2. 7 minute AMRAP: 100m run / row, 7 power cleans @ 50% of your 1 rep maxRest 2 minutes between part 1 and part 2

Week 4:

This week we have 2 de-load strength days which are shorter and the loads lighter. Day 5 this week is also shorter in length overall along with some short burst workouts. It is intended that this week is a de-load week to give your body a slight rest, you should ensure that you maintain great nutrition and good sleep so that the body can recover and will perform in the coming 4 week part of the program. Even if you feel you have the energy to get more work done this week please just stick to the program.

Day 1:

Strength

1. 7 minute warm up
2. Strength:
 1. EMOTM for 8 minutes 4 reps @ 65% back squat
 2. EMOTM for 8 minutes 4 reps @ 65% deadlift
 3. EMOTM for 8 minutes 4 reps @ 65% power clean
 4. 50 plate twists

Rest 2 minutes between exercises.



Day 3:

Strength

1. 7 minute warm up
2. Strength:
 1. EMOTM for 8 minutes 4 reps @ 65% bench press
 2. EMOTM for 8 minutes 4 reps @ 65% push press
 3. EMOTM for 8 minutes 4 reps strict pull ups.
 4. Tabata sit ups

Rest 2 minutes between exercises.

Day 5 :

1. 7 minute warm up
2. Conditioning:
 1. AMRAP 5 minutes: 5 box jumps, 5 push ups.
 2. AMRAP 4 minutes: 5 burpees, 5 air squats.
 3. AMRAP 3 minutes: Double unders or normal skips.
 4. 2 minutes: Plank
 5. AMRAP 1 minute: sit ups

Between 1,2,3, & 4 take 2 minutes rest, between 4&5 there is no rest.

"Fitness is paramount at all times in the game but when one mistake could be the difference between winning and losing so often, fitness cannot be the reason teams lose. Working hard off the field so the game is easy on the field is the only way" - Mike Friday, Former England and Kenya 7s coach

Week 5:

After last week's de-load week we are back to business this week using 80% for your lifts and you will see on day 1 your reps have gone to 3, however we are only going for 7 minutes. Make sure you warm up to the 80% weight with 3-4 sets and then you are into it. If you have to pause between reps then do so as long as you finish the work in the time prescribed. Enjoy.

Day 1:

Strength

1. 7 minute warm up
2. Strength:
 1. EMOTM for 7 minutes 3 reps @ 80% front squat
 2. EMOTM for 7 minutes 3 reps @ 80% power clean
 3. EMOTM for 7 minutes 3 reps @ 80% deadlift
 4. 100 sit ups

Rest 2 minutes between exercises

Day 3:

Strength

1. 7 minute warm up
2. Strength:
 1. AMOTM for 20 minutes: 2 dips, 2 pull ups (weighted if needed)
 2. EMOTM for 10 minutes 2 reps @80% strict press
 3. 1 minute plank into 3 minutes max sit ups

Rest 3 minutes between sections.

Day 5 :

1. 7 minute warm up
2. Your dynamic work and conditioning is combined today in 4 5 minute workouts with a 4 minute rest between them. Go hard out on each workout as 4 minutes is a good recovery time.
 1. 5 minute AMRAP: 5 burpees, 5 box jumps
 2. 5 minute AMRAP: 5 deadlifts @40%, 20 skips
 3. 5 minute AMRAP: 5 power cleans @40%, 10 overhead lunges holding 20kg plate.
 4. 5 minute AMRAP: 5 pull ups, 5 push press @ 50%

Rest 4 minutes between each workout.

Week 6:

This week your % weights go up again but the reps are down, if you feel you are getting stronger and the % is no longer enough for you then add weight as needed. You should be able to complete the specified number of reps with good form throughout the workout. We are also super charging our tabata sets this week with "Turbo Tabata" which is 40 seconds work with 20 seconds rest for 6 rounds. Just like in the regular tabata the goal here is to work as hard as possible for the 40 seconds knowing we have 20 seconds recovery, this is very similar to a half of sevens.

Day 1:

Strength

1. 7 minute warm up
2. Strength:
 1. EMOTM for 7 minutes 2 reps @ 85% power clean
 2. EMOTM for 7 minutes 2 reps @ 85% back squat
 3. EMOTM for 7 minutes 2 reps @ 85% deadlift
 4. 100 plate twists

Rest 3 minutes between exercises

Day 3:

Strength

1. 7 minute warm up
2. Strength:
 1. EMOTM for 7 minutes 2 reps @ 85% bench press
 2. EMOTM for 7 minutes 2 reps @ 85% push press
 3. AMTOM for 14 minutes 2 dips, 2 pull ups (weighted if needed)
 4. 16 rounds of tabata plank

Rest 3 minutes between exercises

Day 5 :

1. 7 minute warm up
2. Dynamic
 1. AMOTM for 12 minutes: 1. 10 box jumps. 2. 10 Burpees
 2. Turbo tabata skips. If you are able to do double unders that would be even better.
3. Conditioning: start 5 minutes after finishing the above
 1. For time: 1km run / row then: 21-15-9 clean and jerk @ 40/50/60kg, and burpees over the bar. (After the run complete 21 clean and jerk, then 21 burpees, 15 clean and jerk, 15 burpees, 9 clean and jerk, 9 burpees, pick the weight from the 3 options)