



SA ACADEMY

TRAINING RECORD SHEETS

(Players should use the sheets to record all practice and training sessions throughout the year)

Name: _____

Athlete Strength and Conditioning Program – Stage 1

Academy athletes are required to complete four individual training sessions per week. The Player Manual has within it many different training routines. For the first stage athletes are required to complete the following sessions every week:

- **Bodyweight Strength and Power session 1**
- **Bodyweight Strength and Power session 2**
- **1 x Conditioning Session**
- **1 x Speed Session**

Flexibility sessions outlined in the booklet are required to be completed after each Strength and Power Session:

- **Flexibility Session 1**
- **Flexibility Session 2**

Example Weekly Program

Monday – Bodyweight S&P Session 1 AND Flexibility Session 1

Tuesday – Conditioning Session

Wednesday – Rest or light running and skills work (touch footy, etc.)

Thursday – Speed Session

Friday – Bodyweight S&P Session 2 AND Flexibility Session 2

Saturday – Rest or light running and skills work (touch footy, etc.)

Sunday – Training

ALL Athletes diaries will be checked and signed off by an Academy Coach after 4 weeks!!!!

Evidence of Individual Training is an **ESSENTIAL requirement for Academy selection!!!!**

Date:

Cardiovascular/Speed Workout:

TIME	ACTIVITY	DURATION

Skills Practice:

TIME	ACTIVITY	DURATION

Strength & Power Training:

Exercise	Sets	Reps	Set 1	Set 2	Set 3	Set 4

Date:

Cardiovascular/Speed Workout:

TIME	ACTIVITY	DURATION

Skills Practice:

TIME	ACTIVITY	DURATION

Strength & Power Training:

Exercise	Sets	Reps	Set 1	Set 2	Set 3	Set 4

Date:

south australian **RUGBY**



SA Rugby wishes to thank its 2010 Season Sponsors & Supporters

PREMIER PARTNERS



MAJOR PARTNERS



CORPORATE PARTNERS



MEDIA PARTNERS

