

POWERADE® PERFORMANCE TRAINING

! These training guides have been designed by Dr Nic Gill to provide advice of a general nature and an indication of the types of training exercise he recommends for the All Blacks. The All Blacks are professional sportsmen who train regularly at a level of high intensity. You should only use these guides under the advice and supervision of a qualified fitness professional or coach. Before you begin any training using this general advice, you should consult a registered medical practitioner. Both Coca-Cola and the NZRU exclude all liability for any loss, damage or claim arising from any use of the information in this document, check www.powerade.co.nz for details.

TRAIN LIKE AN
ALL BLACK
WITH DR. NIC GILL

ALL BLACK'S STRENGTH
& CONDITIONING COACH



GENERAL TRAINING TIPS

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If you are trying some of these sessions for the first time you need to take it easy.

At least until you and your body are familiar with the exercise and stress involved. If you are making some changes to your current programme cross over slowly. If you change abruptly or attempt to complete a novel session at a high intensity you will be very likely to get injured.



On a day you are not training you should still treat this as a very important part of your programme.

Stretch and be active to ensure you adapt from the previous days training and prepare for the following days session(s).



The example programmes are essentially a 5 day cycle. This means the weekends are free from training. However the key here is to get out of the routine of running to a stop watch or lifting weights strictly to a programme. The weekend should be kept for you to do some form of **"active fun/competition"**. Whether that be a game of squash, tennis or indoor cricket. It could be a ride/walk in the bush or around the local park/domain.



Your body is like a sports car. So if you put good quality fuel in you get good performance / adaptation. If you don't you will function like a "rust-heap"!



The point of constantly snacking/eating is to keep your metabolism high and blood sugar levels stable. If you have large periods of time without snacking (5-6 hours) you will feel sluggish and be more likely to over eat at your next meal.



If you want to improve body composition (e.g. lose some fat) then you need to make sure your portions are smaller than you think you need. Avoid 3 large meals a day and organise yourself so you are having 3 small-moderate meals and 3 snacks a day. Seek the advice of a dietitian for more information.



You must always have breakfast to ensure you get off on the front foot. Sleep is important to recovery from the previous day but breakfast is just as important ensure you get the best out of the present day.



Hydration is important. Sweat essentially comes from your plasma/blood so if you sweat you have to put it back. Make sure you are drinking some water and/or **POWERADE** during TOUGH workouts.



Note that POWERADE Isotonic contains carbohydrates and electrolytes in addition to fluid, which can help to replace what has been lost through sweat and burned through exercise. You and your coach should consider the additional ingredients in **POWERADE** Isotonic in the context of your total food consumption and your individual exercise and sporting needs.

MONDAY DAY 01

START THE DAY WITH
500ML OF WATER

POWERADE®
PERFORMANCE
TRAINING

TRAIN



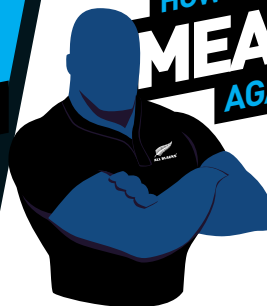
SPRINT SESSION

SEE NEXT PAGE FOR TRAINING OPTIONS

→ REQUIRES ACCESS TO A GYM, FIELD OR PARK

HOW DO YOU

MEASURE UP AGAINST AN ALL BLACK?



45MIN SPRINTS

- 10m in 1.5 - 1.7s
- 20m in 2.8s
- 30m in 3.9s

FUEL UP

BREAKFAST

|| LOW SUGAR || HIGH FIBRE
|| COMPLEX CARBS || PROTEIN
[eg. poached eggs on wholegrain
toast and bowl of muesli and fruit]

MORNING TEA

PROTEIN SHAKE (Pure Muscle
Isolate) OR PIECE OF FRUIT
WITH 500ML OF WATER

LUNCH

SALAD SANDWICH ON WHOLEGRAIN
BREAD WITH PROTEIN SOURCE
[eg. salmon, ham, chicken]

HIT THE GYM



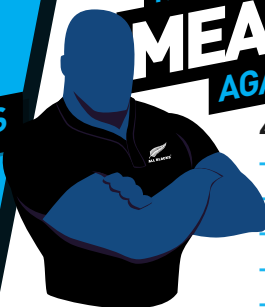
FULL BODY STRENGTH SESSION

SEE NEXT PAGE FOR GYM OPTIONS

→ REQUIRES ACCESS TO A GYM

HOW DO YOU

MEASURE UP AGAINST AN ALL BLACK?



45MIN SESSION

- Bench Press 140kg x 3
- Chin Ups (BW + 35kg) x 3
- Squats (180x 3kg)
- Skipping 5min
- 200 core exercises

FUEL UP

SNACK

PROTEIN SHAKE (Pure Muscle
Isolate) OR PIECE OF FRUIT
WITH 500ML OF WATER

DINNER

EQUAL PORTIONS OF SALAD/VEGES,
CARBOHYDRATE [rice, pasta, potato],
& PROTEIN [chicken, beef, lamb]

SNACK

PROTEIN SHAKE (Pure Muscle
Isolate) WITH 200ML OF WATER

TIPS & NOTES

- Training can be before or after breakfast based on your own schedule and likewise the gym sessions can be completed sometime in the afternoon or evening so long as you ensure to hydrate and fuel before, during and after.
- During the Aerobic & Gym Sessions ensure you are consuming sufficient fluid. Ideally a Carbohydrate source such as **POWERADE** throughout any tough session.
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→ SPRINT TRAINING OPTIONS

01 ACCELERATION AND TOP SPEED

30-40mins. Complete 5 repetitions of 10m sprints, 5 repetitions of 20m, 5 repetitions of 30m and 5 repetitions of 40m. Walk back to the start between each sprint to recover. Have a short break after each set of 5 sprints (2 minutes).

02 HILL SPRINTS AND STAIR SPRINTS

Find a set of stairs or a hill that is not too steep. Run repeated sprints up the hill or stairs (40-50m). Walk back down to recover between each sprint. Aim for 3-4 sets of 5 sprints. Rest for 3-4 minutes between each set of 5 sprints. These should be completed with maximal effort.

03 ACCELERATION SPRINTS

Mark out a 100 metre rugby field in 5x20m segments. Jog the first 20m. Stride the next 20m, then sprint for the third 20m. Hold that pace for the next 20m, then cruise down to a walk over final 20m. Do not stop suddenly. Jog or walk back to the start. Repeat 10 times. Rest for 5 minutes then complete 6 repetitions of 40m at 90-95% effort with a 50m walk recovery. Start these every 120s or when recovered enough to run FAST.

WARM UP BEFORE EVERY SESSION

Before you sprint you need to ensure the body is primed to do so. Have a thorough warm up and remind the body of some of the important aspects of running fast. As part of your warm up you should include some high knee marching (walk pace and progress to fast high knees) over 10-15m distances. Do some straight legged acceleration into a stride out to activate hamstring / gluts.

Complete some skipping where you are attempting to skip for distance and also for height. These drills will help you avoid injury. All speed work should be completed while fresh so your rest periods should be long enough that you feel recovered from the previous effort and ready to run fast.

Warm up for 8-10min for easy/mod intensity sessions and 12-15min for high intensity sessions.

→ FULL BODY STRENGTH GYM OPTIONS

Select 1 EXERCISE OPTION from each of the 4 columns and the appropriate WORKOUT LEVEL below.

→ FULL BARBELL
BACK SQUAT

→ BARBELL FRONT
SQUAT

→ SMITH MACHINE
BACK SQUAT

→ BARBELL DEADLIFT

→ LEG PRESS

→ BARBELL STATIC
LUNGE

→ DUMBBELL WALK
LUNGE

→ BARBELL STEP UP

→ BARBELL BENCH
PRESS

→ FLAT DUMBBELL
PRESS

→ BARBELL FLOOR
PRESS

→ SEATED CABLE ROW

→ 1 ARM DUMBBELL
ROW

→ BARBELL BENT-OVER
ROW

→ GYM WORKOUT LEVEL

01 UNTRAINED

Repetitions: 10, 10, 10, 10
Rest between sets: 90 - 120 sec.

02 ACTIVE

Repetitions: 8, 8, 6, 6
Rest between sets: 90 - 120 sec.

03 TRAINED

Repetitions: 6, 6, 5, 4
Rest between sets: 120 - 180 sec.

WARM UP BEFORE EVERY SESSION

Perform a warm-up movement similar to the exercise pattern prior to each new exercise. Then complete a light set before you start loading. Between each exercise complete 50 repetitions of a core exercise of your choice.

Warm up for 8-10min for easy/mod intensity sessions and 12-15min for high intensity sessions.

WEDNESDAY DAY 02

START THE DAY WITH
500ML OF WATER



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TRAINING

TRAIN

ENDURANCE SESSION

SEE NEXT PAGE FOR TRAINING OPTIONS

→ REQUIRES ACCESS TO A GYM, FIELD OR PARK

HOW DO YOU

MEASURE UP
AGAINST AN ALL BLACK?

35-45MIN LONG INTERVAL

→ Fartlek Session
[3km in 9-12min]

FUEL UP

BREAKFAST

|| LOW SUGAR || HIGH FIBRE
|| COMPLEX CARBS || PROTEIN
[eg. poached eggs on wholegrain
toast and bowl of muesli and fruit]

MORNING TEA

PROTEIN SHAKE (Pure Muscle
Isolate) OR PIECE OF FRUIT
WITH 500ML OF WATER

LUNCH

SALAD SANDWICH ON WHOLEGRAIN
BREAD WITH PROTEIN SOURCE
[eg. salmon, ham, chicken]

HIT THE GYM

FULL BODY POWER SESSION

SEE NEXT PAGE FOR GYM OPTIONS

→ REQUIRES ACCESS TO A GYM

HOW DO YOU

MEASURE UP
AGAINST AN ALL BLACK?

45MIN SESSION

→ Press Ups x 12
→ DB Snatch 50kg x 2
→ Horizontal Jump 3m
→ Jump onto Box 1.5m high

FUEL UP

SNACK

PROTEIN SHAKE (Pure Muscle
Isolate) OR PIECE OF FRUIT
WITH 500ML OF WATER

DINNER

EQUAL PORTIONS OF SALAD/VEGES,
CARBOHYDRATE [rice, pasta, potato],
& PROTEIN [chicken, beef, lamb]

SNACK

PROTEIN SHAKE (Pure Muscle
Isolate) WITH 200ML OF WATER

TIPS & NOTES

- Training can be before or after breakfast based on your own schedule and likewise the gym sessions can be completed sometime in the afternoon or evening so long as you ensure to hydrate and fuel before, during and after.
- During the Aerobic & Gym Sessions ensure you are consuming sufficient fluid. Ideally a Carbohydrate source such as **POWERADE** throughout any tough session.
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→ **ENDURANCE TRAINING OPTIONS**

01 LONG, SLOW CONTINUOUS RUNNING

45-50min. Run at a pace that you can hold a conversation or it is slightly difficult to hold a conversation. Run over a course which has variation in the terrain e.g a golf course, bush tracks.

02 MODERATE, VARIABLE PACE RUNNING

35-45min. Run at a pace that you can hold a conversation or it is slightly difficult to hold a conversation. Run over a course which has variation in the terrain e.g a golf course, bush tracks.

03 LONG AEROBIC INTERVALS

30min. Run at high intensity for 4 minutes and then jog at a low intensity for 2 minutes. Repeat these efforts in the following ratios: **3:2, 2:1, 1:1, 2:1, 3:2, 4:2.**

04 EASY RECOVERY

25-35min Cycle, Swim, Walk or Aqua Jog. Keep the intensity at a low level and include lots of stretching. The purpose of this session is to increase mobility. It will also help with recovery and adaptation by increasing blood flow and to help you feel good!

WARM UP BEFORE EVERY SESSION

You must prepare the mind and the body to train well. If you don't have time to warm up properly you need to consider whether you are going to have time to get the most out of the session.

When you are completing high intensity sessions such as intervals, speed and strength you need to be at maximum effort by the end of your warm up. You should start with an active warm up such as a jog/ fast walk, then complete mobility exercises that are specific to the type of movements you will be performing in your session.

Warm up for 8-10min for easy/mod intensity sessions and 12-15min for high intensity sessions.

→ **FULL BODY POWER GYM OPTIONS**

Select **1 EXERCISE OPTION** from each of the 4 columns and the appropriate **WORKOUT LEVEL** below.

→ **FULL BARBELL JUMP SQUAT**

→ **SMITH MACHINE JUMP SQUAT**

→ **DUMBBELL JUMP SQUAT + 5 BOX JUMPS**

→ **BARBELL BENCH PRESS**

→ **SEATED HAMMER PRESS**

→ **BARBELL SMITH MACHINE BENCH THROW + 5 MEDICINE BALL THROWS**

→ **BARBELL PUSH PRESS**

→ **DUMBBELL PUSH PRESS**

→ **BARBELL JERK + 5 KNEE TUCK JUMPS**

→ **BARBELL BENTOVER ROW**

→ **CLEAN PULL**

→ **ASSISTED CHIN UPS + 5 OVERHEAD MED BALL THROWS**

→ **GYM WORKOUT LEVEL**

01 UNTRAINED

Repetitions: 6, 6, 6, 6 (light load)
Rest between sets: 60 sec.

02 ACTIVE

Repetitions: 5, 5, 5, 5 (light to moderate load)
Rest between sets: 90 sec.

03 TRAINED

Repetitions: 6, 6, 5, 4 (moderate load)
Rest between sets: 120 - 180 sec.

WARM UP BEFORE EVERY SESSION

Perform a warm-up movement similar to the exercise pattern prior to each new exercise. Then complete a light set before you start loading. Between each exercise complete 50 repetitions of a core exercise of your choice.

Warm up for 8-10min for easy/mod intensity sessions and 12-15min for high intensity sessions.

FRIDAY / DAY 03

START THE DAY WITH
500ML OF WATER



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TRAIN

HIGH INTENSITY INTERVALS

SEE NEXT PAGE FOR TRAINING OPTIONS

→ REQUIRES ACCESS TO A GYM, FIELD OR PARK

HOW DO YOU MEASURE UP AGAINST AN ALL BLACK?



40MIN INTERVALS

- 400m in 65s
- 100m in 11-13s
- repeat 200m in 40s with 20s rest

FUEL UP

BREAKFAST

|| LOW SUGAR || HIGH FIBRE
|| COMPLEX CARBS || PROTEIN
[eg. poached eggs on wholegrain toast and bowl of muesli and fruit]

MORNING TEA

PROTEIN SHAKE (Pure Muscle Isolate) OR PIECE OF FRUIT WITH 500ML OF WATER

LUNCH

SALAD SANDWICH ON WHOLEGRAIN BREAD WITH PROTEIN SOURCE [eg. salmon, ham, chicken]

HIT THE GYM

FULL BODY CIRCUIT SESSION

SEE NEXT PAGE FOR GYM OPTIONS

→ REQUIRES ACCESS TO A GYM

HOW DO YOU MEASURE UP AGAINST AN ALL BLACK?



45MIN SESSION

- Bench Press 140kg x 3
- Chin Ups (BW + 35kg) x 3
- Squats (180x 3kg)
- Skipping 5min
- 200 core exercises

FUEL UP

SNACK

PROTEIN SHAKE (Pure Muscle Isolate) OR PIECE OF FRUIT WITH 500ML OF WATER

DINNER

EQUAL PORTIONS OF SALAD/VEGES, CARBOHYDRATE [rice, pasta, potato], & PROTEIN [chicken, beef, lamb]

SNACK

PROTEIN SHAKE (Pure Muscle Isolate) WITH 200ML OF WATER

TIPS & NOTES

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→ HIGH INTENSITY INTERVALS TRAINING

01 SHORT HIGH INTENSITY INTERVALS

30min. Complete 20 repetitions of 25m maximal effort sprints with a 25m recovery jog. Repeat every 25 seconds. Rest for 3 minutes by walking or jogging slowly. Follow this by completing 20 repetitions of 35m maximal effort sprints with a 15m recovery jog. Repeat every 25 seconds. Rest for 3 minutes by walking or jogging slowly. Finally, complete 5 repetitions of 50m at maximal effort with a 50m jog recovery. Repeat every 45 seconds.

02 MODERATE HIGH INTENSITY INTERVALS

40min. Complete 10 repetitions of 75m maximal effort sprints with a 25m recovery jog. Repeat every 60 seconds. Rest for 4 minutes. Complete 10 repetitions of 50m sprints with a 50m jog recovery. Repeat every 45 seconds. Rest for 4 minutes. Complete 5 repetitions of maximal sprinting for 100m. Repeat every 60 seconds.

03 LONG HIGH INTENSITY INTERVALS

40min. Complete 6 repetitions of 300m at 90% effort and rest for half the time that the efforts take. Rest for 5 minutes by walking or jogging slowly. Then complete 6 repetitions of 150m with maximal effort and 60 seconds rest between repetitions.

WARM UP BEFORE EVERY SESSION

You must prepare the mind and the body to train well. If you don't have time to warm up properly you need to consider whether you are going to have time to get the most out of the session.

When you are completing high intensity sessions such as intervals, speed and strength you need to be at maximum effort by the end of your warm up. You should start with an active warm up such as a jog/ fast walk, then complete mobility exercises that are specific to the type of movements you will be performing in your session.

Warm up for 8-10min for easy/mod intensity sessions and 12-15min for high intensity sessions.

→ FULL BODY CIRCUIT GYM OPTIONS

Complete ALL THE EXERCISES at the appropriate WORKOUT LEVEL below with 15s rest between exercises.

01 15 PRESS UPS

02 3 TURKISH GET UPS EACH SIDE

03 20M WALK LUNGE

04 20 SINGLE LEG CALF RAISES

05 10 BURPEES

06 MAXIMUM BODY WEIGHT CHINS

07 MAXIMUM BODY WEIGHT DIPS

08 20 BODY WEIGHT FULL SQUATS

09 60s PRONE BRIDGE

10 10 JUMP SQUATS

11 6 CLAP PRESS UPS

12 30 CRUNCHIES

13 20M WALK LUNGE

14 20 CRUNCHIES

15 10 BURPEES

→ GYM WORKOUT LEVEL

01 UNTRAINED

Complete 3 circuits with
3 minutes rest between circuits

02 ACTIVE

Complete 4 circuits with
3 minutes rest between circuits

03 TRAINED

Complete 4-5 circuits with
3 minutes rest between circuits

WARM UP BEFORE EVERY SESSION

Complete a submaximal set of each exercise before starting your work outs.

Warm up for 8-10min for easy/mod intensity sessions and 12-15min for high intensity sessions.