



November 2020

## London Irish A.R.F.C - General fitness program

### Health & safety:

- Ensure all current guidance regarding Covid-19 is being followed.
- Consult your doctor prior to starting the program if you any underlying health conditions.
- Consult your physiotherapist if currently rehabbing a separate injury.
- Seek advice regarding any modifications to the program from any qualified health professionals.

### Aims:

1. To keep the bodies ticking over whilst rugby training cannot go ahead.
2. To maintain/develop strength, power, and endurance.
3. To reduce the chance of injury before returning to training.
4. To aid both physical and mental health.

### Information:

This is a generic fitness program designed for those that might not have access to a gym or much equipment during the time off. If you do have use of any equipment feel free to add this in but you may want to adjust some of the rep ranges to suit. Please also make any modifications necessary or personalise the sessions as you need to as a result of things such as:

- Team or Individual performance strengths and weaknesses
- Individual or team injury trends
- Current fitness levels
- Personal/team fitness goals for the season
- Current health status

### About the program:

The program is designed for 3 resistance sessions and 3 endurance sessions per week that you can just rotate through as you like. You can use the spreadsheet to log your results if you need to as well as input the date of your session and your bodyweight Below is some FAQs about the program but any questions please direct to any PT's/trainers within your teams as I'm sure they'll know.

Abbreviations			
<b>AMAP</b>	As many as possible	<b>CG</b>	Close Grip
<b>AFAP</b>	As few as possible	<b>RPE</b>	Rate perceived exertion
<b>ES</b>	Each side	<b>Neg.</b>	Negative Eccentric
<b>SA</b>	Single-arm	<b>OH</b>	Overhead
<b>SL</b>	Single leg	<b>YGIG</b>	You Go I Go
<b>ISO</b>	Isometric	<b>WUTH</b>	Work up to heavy
<b>UH</b>	Underhand	<b>FR</b>	Foam Roll
<b>WG</b>	Wide Grip	<b>RB</b>	Resistance Rand
<b>MG</b>	Mid Grip	<b>UB</b>	Upper body
<b>LB</b>	Lower body		

- Rows the same colour as the one above signifies a superset or no rest between the exercises until after



November 2020

the pair.

- When there are numerous exercises listed in the same box it means you can choose. Then stick with the original choice throughout the program.
- If reps are written as 553 for e.g - it means set 1 is 5 reps, set 2 is 5 reps, set 3 is 3 reps. Weight should be adjusted as you move through the sets.
- The tempo is written as a 3 digit number. The first number is the first action of the exercise. So a back squat with a 201 tempo will be 2 seconds on the way down, no pause at the bottom, and 1 second back up to complete the rep.
- Before every session, you need to choose 3-4 exercises from tissue prep, prehab, and rehab (if required) as part of your warm-up. Prior to all strength exercises, you must WUTH (work up to heavy) before starting your first working set.

Equipment:

If you have the opportunity to buy or borrow any equipment, I'd suggest things like resistance bands, suspension trainers, kettlebells, etc. as they're fairly cheap and versatile.

What else?

Alongside this, we have a club Strava page where we'll be running some competitions for those who cycle or run for set distances so please add yourself in and get involved.

<https://www.strava.com/clubs/londonirisharfc>