

All, please see this seasons fitness challenge. I'm suggesting that you start this process this weekend and commence the daily challenges from Monday 12th November.

If you find that the early stages of the challenge are too easy, then please continue with whatever fitness schedule you are following. It's important to show up for our first training session in 2019 'rugby ready' we have a huge season in front of us and we must be in tip top shape at the beginning of the season. As ever be advised, our twice weekly practice sessions are not about fitness, you must work on your conditioning on your own time, that may sound tough but if you want to 'achieve' in your rugby then this is what you need to be doing.

We will start with a quick fitness assessment...

Record the number of repetitions done for each exercise in 1 minute, unless otherwise listed, for each of the following

~ Burpees

~ Pushups

~ Sit-ups

~ Squats

~ 400m Time 0:00 (this is one lap around a typical track)

Email your results to Coach Hugh (hferridge@gmail.com) along with your goals for your "Midterm" test, an individual goal for the season and a team goal for the season.

Starting the following day:

DAY 1 10 Squats, 5 Sit-ups, 3 Push-ups, 5 burpees - Run for 1 min, walk for 2 min (8 times) 24 min

DAY 2 10 Squats, 5 Sit-ups, 3 Push-ups, 5 Burpees - Run for 2 min, walk for 2 min (7 times) 28 min

DAY 3 15 Squats, 10 Sit-ups, 5 Pushups, 6 Burpees - Run for 3 min, walk for 2 min (6 times) 30 min

DAY 4 REST

DAY 5 15 Squats, 10 Sit-ups, 5 Pushups, 6 Burpees - Run for 3 min, walk for 1 min (8 times) 32 min

DAY 6 20 Squats, 15 Sit-ups, 7 Push-ups, 7 Burpees - Run for 4 min, walk for 2 min (6 times) 36 min

DAY 7 20 Squats, 15 Sit-ups, 7 Push-ups, 7 Burpees - Run for 4 min, walk for 1 min (8 times) 40 min

DAY 8 REST

DAY 9 25 Squats, 20 Sit-ups, 9 Push-ups, 8 Burpees - Run for 5 min, walk for 1 min (7 times) 42 min

DAY 10 25 Squats, 20 Sit-ups, 9 Push-ups, 8 Burpees - Run for 5 min, walk for 1 min (8 times) 48 min

DAY 11 30 Squats, 25 Sit-ups, 11 Push-ups, 9 Burpees - Run for 5 min, walk for 1 min (8 times) 48 min

DAY 12 REST

DAY 13 30 Squats, 25 Sit-ups, 11 Push-ups, 9 Burpees - Run for 2 min, as fast as you can, 5 min rest (5 times)

DAY 14 35 Squats, 30 Sit-ups, 13 Push-ups, 10 Burpees - Run for 6 min, walk for 1 min (6 times) 42 min

DAY 15 35 Squats, 30 Sit-ups, 13 Push-ups, 10 Burpees - Run for 6 min, walk for 1 min (8 times) 56 min

DAY 16 REST

DAY 17 40 Squats, 35 Sit-ups, 15 Push-ups, 11 Burpees - Run for 7 min, walk for 1 min (7 times) 56 min

DAY 18 40 Squats, 35 Sit-ups, 15 Push-ups, 11 Burpees - Run for 8 min, walk for 1 min (6 times) 54 min

DAY 19 45 Squats, 40 Sit-ups, 17 Push-ups, 12 Burpees - Run for 9 min, walk for 1 min (5 times) 50 min

DAY 20 REST

DAY 21 MIDTERM FITNESS EVALUATION - SAME AS INITIAL - RECORD YOUR SCORES/TIMES - Send results to Coach Hugh

DAY 22 45 Squats, 40 Sit-ups, 17 Push-ups, 12 Burpees - Run for 12 min, walk for 1 min (4 times) 52 min

DAY 23 50 Squats, 45 Sit-ups, 19 Push-ups, 13 Burpees - Run for 12 min, walk for 1 min (4 times) 52 min

DAY 24 REST

DAY 25 50 Squats, 45 Sit-ups, 19 Push-ups, 13 Burpees - Run for 15 min, walk for 1 min (3 times) 45 min

DAY 26 50 Squats, 45 Sit-ups, 19 Push-ups, 14 Burpees - Run for 17 min, walk for 1 min (3 times) 54 min

DAY 27 55 Squats, 50 Sit-ups, 21 Push-ups, 14 Burpees - Run for 2 min, as fast as you can, 3 min rest (8 times)


DAY 28 REST

DAY 29 55 Squats, 50 Sit-ups, 21 Push-ups, 15 Burpees - Run for 20 min, 1 min rest (2 times) 42 min

DAY 30 55 Squats, 50 Sit-ups, 21 Push-ups, 15 Burpees - Run for 22 min, 1 min rest (2 times) 46 min

REMEMBER, YOU DON'T HAVE TO DO ALL THE EXERCISES IN ONE SET, YOU CAN BREAK IT UP!!! JUST DO THE TOTAL # OF REPS THAT DAY!!

Train Like a winner play like a winner

Understand that the way you practice reflects the way you compete. If you don't push yourself, hustle or fight in practice, then how can you expect to do it in competition, and especially under pressure? If you give less than your best in practice, then don't expect to be at your best in competition. Because in the end, you don't rise to your level of expectation under pressure, instead you sink to the habits you've developed during practice. #ChampionMinded 

REMEMBER, MOST GAMES ARE WON AND LOST IN THE LAST 10 MINUTES – BE FIT – BE CONDITIONED – BE A WINNER