



OFF-SEASON PROGRAMME 2019/2020

THEME: THE BROTHERHOOD OF RUGBY



**We, brothers in rugby, invite you to
the Atlantic Rugby Academy Off-season
Training Programme**

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ATLANTIC RUGBY ACADEMY OFF-SEASON PROGRAMME

Venue: Gardens RFC – top of Upper Orange Street, Oranjezicht

Practice days and times:

Isometrics

Monday and Wednesday @ 16h00 to 17h30
Tuesday and Thursday @ 16h00 to 17h30

CrossTraining

Saturdays @ 09h00 to 11h00

- Runs along both the Camps Bay beachfront and Sea Point beachfront followed by aqua rugby in the tidal pools (alternatively).
- Immersion in the cold Atlantic water has the added advantage of taking the lactic acid out of the muscle system, and limiting stiffness.

Weekly Sessions

Tuesday 01 October to Friday 04 October 2019

- We will be testing the various isometric equipment and then structuring a set programme as follows.
- Isometrics followed by cardio-vascular run for w/e 04 October 2019.

Monday 07 October to Friday 11 October 2019

- Isometrics followed by competition touch training.
- Culmination with competition touch tournament on **Friday 11 October 2019**.

Monday 14 October to 18 October 2019

- Isometrics followed by mental toughness programme, incorporating tyres and logs.

Monday 21 October to 25 October 2019

- Isometrics followed by a skills programme incorporating the New Zealand centre-line running and the S.A. peripheral vision programme.

Monday 28 October to 01 November 2019

- Isometrics followed by tag rugby programme.

Saturday 02 November 2019 @ Gardens RFC

- 09h00 to 11h00 - Skills Programme followed by 7's rugby.



ATLANTIC RUGBY ACADEMY OFF-SEASON PROGRAMME CONT.

All players please note:

- All tag, touch, +7's programmes will be introduced and supervised by W.P. and/or S.A. players

Please note:

- We would expect all participating players to significantly harden up in core muscle structures in this regard from 01 October to 01 November 2019.
- We would expect all players to have improved in their general skills and mental attitude by 01 November 2019.
- All players, of whatever age group, will be supervised so that they will fit into the programme.
- The programme for November will be sent to you in the 4th week of October, after we have scrutinised progress made in the 1st and 2nd weeks of October 2019.
- If players want to participate in extra isometric training, this would be regarded as a part of the overall programme, i.e. no extra charge.
- We will be introducing judo training into the programme in November, specifically focusing on how to take a tackle and get back on your feet and into the game as quickly as possible.
- All 3 lectures will be held in November 2019.

We hope that all participating players will enjoy the programme.

Our specific aim is to see that all players are stronger, faster, and more skilled by the end of the programme.

Any queries please contact:

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