

# DIXON RUGBY FOOTBALL CLUB



## WEIGHT TRAINING AND CONDITIONING PROGRAM

Monday	Upper body weight training and sprint conditioning	1.25 hours
Tuesday	Lower body weight training	0.75 hours
Wednesday	Upper body weight training and sprint conditioning	1.75 hours
Thursday	Lower body weight training	0.75 hours
Friday	Upper body weight training and sprint conditioning	1.25 hours
Saturday	Lower body weight training and long distance conditioning	1.50 hours
Sunday	Rest and relaxation	0.00 hours
<b>Total:</b>		<b>7.25 hours</b>

## WEIGHT TRAINING PROGRAM

Important - After the end of the third (3rd) week begin increasing the weights lifted by 3% - 5% each week.

### UPPER BODY

<u>Days</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Rest betwn Reps(min)</u>	<u>Notes</u>
Monday	Bench Press	4	15	1.50	<b>Pyramid Workout:</b> Each subsequent set increase the weights lifted by 5 to 10 pounds. *Front and side lifts  *All four (4) sides of neck workout <b>Total Workout: 45 Minutes</b>
Wednesday	Incline Press	3	15	1.50	
Friday	Shoulder Shrugs	3	15	1.00	
	Straight Arm Lifts*	3	15	1.00	
	Pullups/Latpulls	3	15	1.50	
	Rows	3	15	1.00	
	Neck Curls*	2	10	1.00	

### LOWER BODY

<u>Days</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Rest betwn Reps(min)</u>	<u>Notes</u>
Tuesday	Squats - quads paralle	3	15	1.00	<b>Pyramid Workout:</b> Each subsequent set increase the weights lifted by 5 to 10 pounds.  <b>Total Workout: 45 Minutes</b>
Thursday	Lunges - each leg	3	15	1.50	
Saturday	Quad Extensions	3	15	1.00	
	Hamstring Curls	3	15	1.00	
	Calf Lift	3	25	1.00	
	Sit Ups	3	50 - 30	1.50	

## CONDITIONING PROGRAM

Important - After the end of the third (3rd) week begin decreasing the running times by 2% - 4% each week.

<u>Days</u>	<u>Distance X</u>	<u>Reps</u>	<u>Rest (sec)</u>	<u>Days</u>	<u>Distance X</u>	<u>Reps</u>	<u>Rest btwn Reps (sec)</u>
Monday	1/4 Mile Jog	1	0	Wednesday	1/4 Mile Jog	1	0
Friday	Stretch	1	0		Stretch	1	0
	60 Yards	10	30		2 Mile Stride	1	120
	40 Yards	15	30		100 Yards - drag	1	60
	20 Yards	20	15		100 Yards	4	30
	Jingle Jangles	3	60		80 Yards	4	30
	1/4 Mile Jog	1	60		60 Yards	4	30
	Stretch	1	0		40 Yards	4	30
<b>Total Workout:</b>		<b>30 minutes</b>			60 Yards	3	30
Saturday	1/4 Mile Jog	1	0		80 Yards	2	30
	Stretch	1	0		100 Yards	1	30
	4 - 6 Mile Run	1	120		100 Yards - drag	1	60
	Stretch	1	0		1/4 Mile Jog	1	0
	<b>Total Workout:</b>		<b>45 minutes</b>		Stretch	1	0
					<b>Total Workout:</b>		<b>60 minutes</b>