

Terenure RFC Mini Rugby training schedule

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>10 Bear crawls for 10 meters</p> <p>20 Press ups</p>	<p>2</p> <p>20 kicks of the Rugby ball off each foot, Measure your longest kicks and try to beat them</p>	<p>3</p>  <p>20 push ups 20 jumping jacks 20 sit ups</p>	<p>4</p> <p>20 Passes of each hand, use a wall if you need someone to pass to.</p> 	<p>5</p>  <p>Balance on one leg on a narrow surface for 1 minute each leg</p>	<p>REST, Ask parents their favourite sporting moment or hero. Don't forget WHY?!</p>
<p>7</p> <p>Run for 7 minutes non stop, Pace yourself this is a long run not a sprint.</p>	<p>8</p> <p>8 x 20 meter sprints at full speed, Walk your rest back and go again, Remember to pump your arms and keep head straight and breath</p>	<p>9</p> <p>Plank for 60 seconds Plank for 50 seconds Plank for 40 seconds</p>	<p>10</p> <p>Hang Tough-Beat 60 secs</p> 	<p>11</p> <p>20 sit ups 20 squat jumps 20 press ups, Do in tens if you have to.</p>	<p>12</p> <p>REST, watch Rugby videos for 30 mins on you tube. Best Drop kicks, Best off loads are good to search</p>	<p>High knees 10 meters x 10 Frog jumps 10 meters x 10 Bear crawl 10 meters x 10</p>
<p>14</p> <p>Ball on the ground, 20 passes off each hand. Remember big step over the ball (Knee ,hip, Shoulder) and pass.</p>	<p>15</p> <p>Run for 8 minutes nonstop, Again as slow as you like but do the 8 minutes without walking or stopping</p>	<p>16</p> <p>20 kicks off each leg, measure your longest and try and beat 2 weeks</p>	<p>17</p> <p>REST Go for a walk with a family member.</p> 	<p>18</p>  <p>Plank for 2mins, 20 press ups. 10 sit ups</p>	<p>19</p> <p>20 Passes of each hand, again use a wall if nobody to practice with you. Hang tough-beat 70 seconds</p>	<p>10 lengths with parent of you local pitch, take a rest between each length and us your arms while running and breath!!</p>
<p>21</p> <p>Frog Leaps x 20(do in 10's) Bear crawl 10 meters x 10 Hop on each leg for 10 meters x 3 times</p>	<p>22</p> <p>Practice dropping the ball onto each foot and grubber kicking, Aim for a bin 10 Meters away. 20 kicks on each foot.</p>	<p>23</p> <p>10 Burpees & 20 Sits ups 3 x 10 press ups</p>	<p>24</p> <p>Run for 9 minutes with the ball in both hands. Again remember not to walk slow and Steady!</p>	<p>25</p> <p>REST, Watch rugby You tube videos for 30 mins. Best try's, Best Tackles are good to search</p>	<p>26</p> <p>Throw the ball up high as you can and catch in two arms x 20 times 20 sit ups</p>	<p>30 minute cycle, try spend as long as you can in a hard gear Parent can join you on this if possible.</p>
<p>28</p> <p>Run for 10 minutes with ball in both hands, NO WALKING, jog slowly but don't stop</p>	<p>29</p> <p>REST, Watch rugby's greatest tries on you tube</p>	<p>30</p> <p>15 high catches 15 body catches</p> <p>Get someone to throw or kick the ball for you</p>	<p>31</p> <p>Plank for 60 seconds Plank for 50 seconds Plank for 40 seconds Planks for 30 seconds</p>	<p>TRAIN LIKE YOU INTEND TO PLAY. DO THIS FOR YOU AND YOUR TEAM. YOUR BEST IS GOOD ENOUGH FOR US.</p> 		