

ELITE RUGBY APP

# Rugby Workout Plan

## 4-Week Block by Position

By Phil Healey · S&C Coach

**A sample four-week block.** The full periodised 365-day programme for your position is inside Elite Rugby App.

<https://eliterugbyapp.com/guides/rugby-workout-plan>

## The six position groups

Elite Rugby App programmes six position groups, each with its own programme lines. Find yours, then use the four-week block on its page — four sessions a week, two in the gym, one speed day run fresh and one conditioning day, the same week for every group.

| GROUP                | SHIRTS     | PROGRAMME LINES                                                                                                                                                       |
|----------------------|------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Front Row</b>     | 1, 2, 3    | Scrum power & neck strength · Hooker throwing-arm conditioning · Loosehead / tighthead position-specific lifts · Off-season hypertrophy block · In-season maintenance |
| <b>Locks</b>         | 4, 5       | Maul drive & lifting strength · Lineout aerial conditioning · Engine-room power output · Pre-season volume block · Match-day activation                               |
| <b>Flankers</b>      | 6, 7, 8    | Breakdown power & repeat efforts · Tackle-collision conditioning · Open / blindside / No. 8 splits · Off-season strength block · In-season power maintenance          |
| <b>Halfbacks</b>     | 9, 10      | Acceleration & change-of-direction · Kicking-leg conditioning · Decision-making under fatigue work · Off-season volume · In-season speed maintenance                  |
| <b>Inside Backs</b>  | 12, 13     | Collision strength & fend work · Hand-off and ball-carry conditioning · 12 / 13 position-specific splits · Pre-season mass block · In-season durability               |
| <b>Outside Backs</b> | 11, 14, 15 | Top-end speed & sprint mechanics · Aerial-contest conditioning · Evasive footwork power · Off-season strength base · In-season speed maintenance                      |

The group labels and programme lines above are quoted from the product page at <https://eliterugbyapp.com/gym-programs>. The four-week blocks that follow are this document's own template, built from those lines and the lifts published at <https://eliterugbyapp.com/guides/rugby-gym-program>.

## FOUR-WEEK BLOCK

## Front Row (1, 2, 3)

Four sessions a week for four weeks: two gym days, one speed day run fresh, one conditioning day. The same week the guide prints; the last column is what this group adds.

**Sets and reps come from the block, not from your position:** BASE is 3 × 10, BUILD is 4 × 5, POWER is 5 × 3 moved fast (bar speed, not load) and PEAK is 2 × 5 — and only the day-1 lift is retested. The speed and conditioning days carry their own distances instead.

| WEEK      | DAY      | SESSION                                                                                            | SETS × REPS               | FRONT ROW ADDS                                |
|-----------|----------|----------------------------------------------------------------------------------------------------|---------------------------|-----------------------------------------------|
| 1 · BASE  | Monday   | <b>Lower-body strength</b> — Back squat, Romanian deadlift, hip thrust                             | 3 × 10                    | Loosehead / tighthead position-specific lifts |
|           | Tuesday  | <b>Speed fresh, then conditioning</b> — Sprints from a standing start, then a small-sided game     | 6 × 30 m, walk back       | —                                             |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, weighted chin-up, overhead press, neck and trunk  | 3 × 10                    | Scrum power & neck strength                   |
|           | Friday   | <b>Repeat-sprint conditioning</b> — Shuttles, or a conditioning game that looks like the match     | 2 × 8 × 40 m              | —                                             |
| 2 · BUILD | Monday   | <b>Lower-body max strength</b> — Back squat, Romanian deadlift, hip thrust                         | 4 × 5                     | Loosehead / tighthead position-specific lifts |
|           | Tuesday  | <b>Speed fresh, then conditioning</b> — Sprints from a standing start, then a small-sided game     | 8 × 30 m                  | —                                             |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, weighted chin-up, overhead press, neck and trunk  | 4 × 5                     | Scrum power & neck strength                   |
|           | Friday   | <b>Repeat-sprint conditioning</b> — Shuttles, or a conditioning game that looks like the match     | 3 × 6 × 40 m              | —                                             |
| 3 · POWER | Monday   | <b>Lower body, moved fast</b> — Back squat, trap-bar jumps, hip thrust                             | 5 × 3, bar speed not load | Loosehead / tighthead position-specific lifts |
|           | Tuesday  | <b>Top-end speed</b> — Flying sprints off a rolling start, then footwork                           | 6 × 40 m flying           | —                                             |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, med-ball throws, weighted chin-up, neck and trunk | 5 × 3                     | Scrum power & neck strength                   |
|           | Friday   | <b>Short, sharp conditioning</b> — Shuttles, or a conditioning game that looks like the match      | 4 × 5 × 40 m              | —                                             |
| 4 · PEAK  | Monday   | <b>Deload, then retest</b> — Back squat, hip thrust, then retest the squat                         | 2 × 5, then retest        | Loosehead / tighthead position-specific lifts |
|           | Tuesday  | <b>Timed speed</b> — Sprints, timed over the same distance as week 1                               | 4 × 30 m, timed           | —                                             |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, weighted chin-up, neck and trunk                  | 2 × 5                     | Scrum power & neck strength                   |
|           | Friday   | <b>Play, or trial</b> — A game, a trial, or a full-contact session                                 | Match load                | —                                             |

**Front Row programme lines, in full:** Scrum power & neck strength · Hooker throwing-arm conditioning · Loosehead / tighthead position-specific lifts · Off-season hypertrophy block · In-season maintenance. Published for this group at <https://eliterugbyapp.com/gym-programs>. A line is named against a day only where that day genuinely trains it; a day with no honest match is left blank. The sessions are this document's own template, built from the lifts at <https://eliterugbyapp.com/guides/rugby-gym-program>.

## FOUR-WEEK BLOCK

## Locks (4, 5)

Four sessions a week for four weeks: two gym days, one speed day run fresh, one conditioning day. The same week the guide prints; the last column is what this group adds.

**Sets and reps come from the block, not from your position:** BASE is 3 × 10, BUILD is 4 × 5, POWER is 5 × 3 moved fast (bar speed, not load) and PEAK is 2 × 5 — and only the day-1 lift is retested. The speed and conditioning days carry their own distances instead.

| WEEK      | DAY      | SESSION                                                                                            | SETS × REPS               | LOCKS ADDS                    |
|-----------|----------|----------------------------------------------------------------------------------------------------|---------------------------|-------------------------------|
| 1 · BASE  | Monday   | <b>Lower-body strength</b> — Back squat, Romanian deadlift, hip thrust                             | 3 × 10                    | Maul drive & lifting strength |
|           | Tuesday  | <b>Speed fresh, then conditioning</b> — Sprints from a standing start, then a small-sided game     | 6 × 30 m, walk back       | —                             |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, weighted chin-up, overhead press, neck and trunk  | 3 × 10                    | Engine-room power output      |
|           | Friday   | <b>Repeat-sprint conditioning</b> — Shuttles, or a conditioning game that looks like the match     | 2 × 8 × 40 m              | Lineout aerial conditioning   |
| 2 · BUILD | Monday   | <b>Lower-body max strength</b> — Back squat, Romanian deadlift, hip thrust                         | 4 × 5                     | Maul drive & lifting strength |
|           | Tuesday  | <b>Speed fresh, then conditioning</b> — Sprints from a standing start, then a small-sided game     | 8 × 30 m                  | —                             |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, weighted chin-up, overhead press, neck and trunk  | 4 × 5                     | Engine-room power output      |
|           | Friday   | <b>Repeat-sprint conditioning</b> — Shuttles, or a conditioning game that looks like the match     | 3 × 6 × 40 m              | Lineout aerial conditioning   |
| 3 · POWER | Monday   | <b>Lower body, moved fast</b> — Back squat, trap-bar jumps, hip thrust                             | 5 × 3, bar speed not load | Maul drive & lifting strength |
|           | Tuesday  | <b>Top-end speed</b> — Flying sprints off a rolling start, then footwork                           | 6 × 40 m flying           | —                             |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, med-ball throws, weighted chin-up, neck and trunk | 5 × 3                     | Engine-room power output      |
|           | Friday   | <b>Short, sharp conditioning</b> — Shuttles, or a conditioning game that looks like the match      | 4 × 5 × 40 m              | Lineout aerial conditioning   |
| 4 · PEAK  | Monday   | <b>Deload, then retest</b> — Back squat, hip thrust, then retest the squat                         | 2 × 5, then retest        | Maul drive & lifting strength |
|           | Tuesday  | <b>Timed speed</b> — Sprints, timed over the same distance as week 1                               | 4 × 30 m, timed           | —                             |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, weighted chin-up, neck and trunk                  | 2 × 5                     | Engine-room power output      |
|           | Friday   | <b>Play, or trial</b> — A game, a trial, or a full-contact session                                 | Match load                | Lineout aerial conditioning   |

**Locks programme lines, in full:** Maul drive & lifting strength · Lineout aerial conditioning · Engine-room power output · Pre-season volume block · Match-day activation. Published for this group at <https://eliterugbyapp.com/gym-programs>. A line is named against a day only where that day genuinely trains it; a day with no honest match is left blank. The sessions are this document's own template, built from the lifts at <https://eliterugbyapp.com/guides/rugby-gym-program>.

## FOUR-WEEK BLOCK

## Flankers (6, 7, 8)

Four sessions a week for four weeks: two gym days, one speed day run fresh, one conditioning day. The same week the guide prints; the last column is what this group adds.

**Sets and reps come from the block, not from your position:** BASE is 3 × 10, BUILD is 4 × 5, POWER is 5 × 3 moved fast (bar speed, not load) and PEAK is 2 × 5 — and only the day-1 lift is retested. The speed and conditioning days carry their own distances instead.

| WEEK      | DAY      | SESSION                                                                                            | SETS × REPS               | FLANKERS ADDS                    |
|-----------|----------|----------------------------------------------------------------------------------------------------|---------------------------|----------------------------------|
| 1 · BASE  | Monday   | <b>Lower-body strength</b> — Back squat, Romanian deadlift, hip thrust                             | 3 × 10                    | Breakdown power & repeat efforts |
|           | Tuesday  | <b>Speed fresh, then conditioning</b> — Sprints from a standing start, then a small-sided game     | 6 × 30 m, walk back       | —                                |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, weighted chin-up, overhead press, neck and trunk  | 3 × 10                    | —                                |
|           | Friday   | <b>Repeat-sprint conditioning</b> — Shuttles, or a conditioning game that looks like the match     | 2 × 8 × 40 m              | Tackle-collision conditioning    |
| 2 · BUILD | Monday   | <b>Lower-body max strength</b> — Back squat, Romanian deadlift, hip thrust                         | 4 × 5                     | Breakdown power & repeat efforts |
|           | Tuesday  | <b>Speed fresh, then conditioning</b> — Sprints from a standing start, then a small-sided game     | 8 × 30 m                  | —                                |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, weighted chin-up, overhead press, neck and trunk  | 4 × 5                     | —                                |
|           | Friday   | <b>Repeat-sprint conditioning</b> — Shuttles, or a conditioning game that looks like the match     | 3 × 6 × 40 m              | Tackle-collision conditioning    |
| 3 · POWER | Monday   | <b>Lower body, moved fast</b> — Back squat, trap-bar jumps, hip thrust                             | 5 × 3, bar speed not load | Breakdown power & repeat efforts |
|           | Tuesday  | <b>Top-end speed</b> — Flying sprints off a rolling start, then footwork                           | 6 × 40 m flying           | —                                |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, med-ball throws, weighted chin-up, neck and trunk | 5 × 3                     | —                                |
|           | Friday   | <b>Short, sharp conditioning</b> — Shuttles, or a conditioning game that looks like the match      | 4 × 5 × 40 m              | Tackle-collision conditioning    |
| 4 · PEAK  | Monday   | <b>Deload, then retest</b> — Back squat, hip thrust, then retest the squat                         | 2 × 5, then retest        | Breakdown power & repeat efforts |
|           | Tuesday  | <b>Timed speed</b> — Sprints, timed over the same distance as week 1                               | 4 × 30 m, timed           | —                                |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, weighted chin-up, neck and trunk                  | 2 × 5                     | —                                |
|           | Friday   | <b>Play, or trial</b> — A game, a trial, or a full-contact session                                 | Match load                | Tackle-collision conditioning    |

**Flankers programme lines, in full:** Breakdown power & repeat efforts · Tackle-collision conditioning · Open / blindside / No. 8 splits · Off-season strength block · In-season power maintenance. Published for this group at <https://eliterugbyapp.com/gym-programs>. A line is named against a day only where that day genuinely trains it; a day with no honest match is left blank. The sessions are this document's own template, built from the lifts at <https://eliterugbyapp.com/guides/rugby-gym-program>.

## FOUR-WEEK BLOCK

## Halfbacks (9, 10)

Four sessions a week for four weeks: two gym days, one speed day run fresh, one conditioning day. The same week the guide prints; the last column is what this group adds.

**Sets and reps come from the block, not from your position:** BASE is 3 × 10, BUILD is 4 × 5, POWER is 5 × 3 moved fast (bar speed, not load) and PEAK is 2 × 5 — and only the day-1 lift is retested. The speed and conditioning days carry their own distances instead.

| WEEK      | DAY      | SESSION                                                                                            | SETS × REPS               | HALFBACKS ADDS                     |
|-----------|----------|----------------------------------------------------------------------------------------------------|---------------------------|------------------------------------|
| 1 · BASE  | Monday   | <b>Lower-body strength</b> — Back squat, Romanian deadlift, hip thrust                             | 3 × 10                    | Kicking-leg conditioning           |
|           | Tuesday  | <b>Speed fresh, then conditioning</b> — Sprints from a standing start, then a small-sided game     | 6 × 30 m, walk back       | Acceleration & change-of-direction |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, weighted chin-up, overhead press, neck and trunk  | 3 × 10                    | —                                  |
|           | Friday   | <b>Repeat-sprint conditioning</b> — Shuttles, or a conditioning game that looks like the match     | 2 × 8 × 40 m              | Decision-making under fatigue work |
| 2 · BUILD | Monday   | <b>Lower-body max strength</b> — Back squat, Romanian deadlift, hip thrust                         | 4 × 5                     | Kicking-leg conditioning           |
|           | Tuesday  | <b>Speed fresh, then conditioning</b> — Sprints from a standing start, then a small-sided game     | 8 × 30 m                  | Acceleration & change-of-direction |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, weighted chin-up, overhead press, neck and trunk  | 4 × 5                     | —                                  |
|           | Friday   | <b>Repeat-sprint conditioning</b> — Shuttles, or a conditioning game that looks like the match     | 3 × 6 × 40 m              | Decision-making under fatigue work |
| 3 · POWER | Monday   | <b>Lower body, moved fast</b> — Back squat, trap-bar jumps, hip thrust                             | 5 × 3, bar speed not load | Kicking-leg conditioning           |
|           | Tuesday  | <b>Top-end speed</b> — Flying sprints off a rolling start, then footwork                           | 6 × 40 m flying           | Acceleration & change-of-direction |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, med-ball throws, weighted chin-up, neck and trunk | 5 × 3                     | —                                  |
|           | Friday   | <b>Short, sharp conditioning</b> — Shuttles, or a conditioning game that looks like the match      | 4 × 5 × 40 m              | Decision-making under fatigue work |
| 4 · PEAK  | Monday   | <b>Deload, then retest</b> — Back squat, hip thrust, then retest the squat                         | 2 × 5, then retest        | Kicking-leg conditioning           |
|           | Tuesday  | <b>Timed speed</b> — Sprints, timed over the same distance as week 1                               | 4 × 30 m, timed           | Acceleration & change-of-direction |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, weighted chin-up, neck and trunk                  | 2 × 5                     | —                                  |
|           | Friday   | <b>Play, or trial</b> — A game, a trial, or a full-contact session                                 | Match load                | Decision-making under fatigue work |

**Halfbacks programme lines, in full:** Acceleration & change-of-direction · Kicking-leg conditioning · Decision-making under fatigue work · Off-season volume · In-season speed maintenance. Published for this group at <https://eliterugbyapp.com/gym-programs>. A line is named against a day only where that day genuinely trains it; a day with no honest match is left blank. The sessions are this document's own template, built from the lifts at <https://eliterugbyapp.com/guides/rugby-gym-program>.

## FOUR-WEEK BLOCK

## Inside Backs (12, 13)

Four sessions a week for four weeks: two gym days, one speed day run fresh, one conditioning day. The same week the guide prints; the last column is what this group adds.

**Sets and reps come from the block, not from your position:** BASE is 3 × 10, BUILD is 4 × 5, POWER is 5 × 3 moved fast (bar speed, not load) and PEAK is 2 × 5 — and only the day-1 lift is retested. The speed and conditioning days carry their own distances instead.

| WEEK      | DAY      | SESSION                                                                                            | SETS × REPS               | INSIDE BACKS ADDS                    |
|-----------|----------|----------------------------------------------------------------------------------------------------|---------------------------|--------------------------------------|
| 1 · BASE  | Monday   | <b>Lower-body strength</b> — Back squat, Romanian deadlift, hip thrust                             | 3 × 10                    | Collision strength & fend work       |
|           | Tuesday  | <b>Speed fresh, then conditioning</b> — Sprints from a standing start, then a small-sided game     | 6 × 30 m, walk back       | —                                    |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, weighted chin-up, overhead press, neck and trunk  | 3 × 10                    | —                                    |
|           | Friday   | <b>Repeat-sprint conditioning</b> — Shuttles, or a conditioning game that looks like the match     | 2 × 8 × 40 m              | Hand-off and ball-carry conditioning |
| 2 · BUILD | Monday   | <b>Lower-body max strength</b> — Back squat, Romanian deadlift, hip thrust                         | 4 × 5                     | Collision strength & fend work       |
|           | Tuesday  | <b>Speed fresh, then conditioning</b> — Sprints from a standing start, then a small-sided game     | 8 × 30 m                  | —                                    |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, weighted chin-up, overhead press, neck and trunk  | 4 × 5                     | —                                    |
|           | Friday   | <b>Repeat-sprint conditioning</b> — Shuttles, or a conditioning game that looks like the match     | 3 × 6 × 40 m              | Hand-off and ball-carry conditioning |
| 3 · POWER | Monday   | <b>Lower body, moved fast</b> — Back squat, trap-bar jumps, hip thrust                             | 5 × 3, bar speed not load | Collision strength & fend work       |
|           | Tuesday  | <b>Top-end speed</b> — Flying sprints off a rolling start, then footwork                           | 6 × 40 m flying           | —                                    |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, med-ball throws, weighted chin-up, neck and trunk | 5 × 3                     | —                                    |
|           | Friday   | <b>Short, sharp conditioning</b> — Shuttles, or a conditioning game that looks like the match      | 4 × 5 × 40 m              | Hand-off and ball-carry conditioning |
| 4 · PEAK  | Monday   | <b>Deload, then retest</b> — Back squat, hip thrust, then retest the squat                         | 2 × 5, then retest        | Collision strength & fend work       |
|           | Tuesday  | <b>Timed speed</b> — Sprints, timed over the same distance as week 1                               | 4 × 30 m, timed           | —                                    |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, weighted chin-up, neck and trunk                  | 2 × 5                     | —                                    |
|           | Friday   | <b>Play, or trial</b> — A game, a trial, or a full-contact session                                 | Match load                | Hand-off and ball-carry conditioning |

**Inside Backs programme lines, in full:** Collision strength & fend work · Hand-off and ball-carry conditioning · 12 / 13 position-specific splits · Pre-season mass block · In-season durability. Published for this group at <https://eliterugbyapp.com/gym-programs>. A line is named against a day only where that day genuinely trains it; a day with no honest match is left blank. The sessions are this document's own template, built from the lifts at <https://eliterugbyapp.com/guides/rugby-gym-program>.

## FOUR-WEEK BLOCK

## Outside Backs (11, 14, 15)

Four sessions a week for four weeks: two gym days, one speed day run fresh, one conditioning day. The same week the guide prints; the last column is what this group adds.

**Sets and reps come from the block, not from your position:** BASE is 3 × 10, BUILD is 4 × 5, POWER is 5 × 3 moved fast (bar speed, not load) and PEAK is 2 × 5 — and only the day-1 lift is retested. The speed and conditioning days carry their own distances instead.

| WEEK      | DAY      | SESSION                                                                                            | SETS × REPS               | OUTSIDE BACKS ADDS               |
|-----------|----------|----------------------------------------------------------------------------------------------------|---------------------------|----------------------------------|
| 1 · BASE  | Monday   | <b>Lower-body strength</b> — Back squat, Romanian deadlift, hip thrust                             | 3 × 10                    | —                                |
|           | Tuesday  | <b>Speed fresh, then conditioning</b> — Sprints from a standing start, then a small-sided game     | 6 × 30 m, walk back       | Top-end speed & sprint mechanics |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, weighted chin-up, overhead press, neck and trunk  | 3 × 10                    | —                                |
|           | Friday   | <b>Repeat-sprint conditioning</b> — Shuttles, or a conditioning game that looks like the match     | 2 × 8 × 40 m              | Aerial-contest conditioning      |
| 2 · BUILD | Monday   | <b>Lower-body max strength</b> — Back squat, Romanian deadlift, hip thrust                         | 4 × 5                     | —                                |
|           | Tuesday  | <b>Speed fresh, then conditioning</b> — Sprints from a standing start, then a small-sided game     | 8 × 30 m                  | Top-end speed & sprint mechanics |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, weighted chin-up, overhead press, neck and trunk  | 4 × 5                     | —                                |
|           | Friday   | <b>Repeat-sprint conditioning</b> — Shuttles, or a conditioning game that looks like the match     | 3 × 6 × 40 m              | Aerial-contest conditioning      |
| 3 · POWER | Monday   | <b>Lower body, moved fast</b> — Back squat, trap-bar jumps, hip thrust                             | 5 × 3, bar speed not load | —                                |
|           | Tuesday  | <b>Top-end speed</b> — Flying sprints off a rolling start, then footwork                           | 6 × 40 m flying           | Top-end speed & sprint mechanics |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, med-ball throws, weighted chin-up, neck and trunk | 5 × 3                     | —                                |
|           | Friday   | <b>Short, sharp conditioning</b> — Shuttles, or a conditioning game that looks like the match      | 4 × 5 × 40 m              | Aerial-contest conditioning      |
| 4 · PEAK  | Monday   | <b>Deload, then retest</b> — Back squat, hip thrust, then retest the squat                         | 2 × 5, then retest        | —                                |
|           | Tuesday  | <b>Timed speed</b> — Sprints, timed over the same distance as week 1                               | 4 × 30 m, timed           | Top-end speed & sprint mechanics |
|           | Thursday | <b>Upper body, neck and trunk</b> — Bench press, weighted chin-up, neck and trunk                  | 2 × 5                     | —                                |
|           | Friday   | <b>Play, or trial</b> — A game, a trial, or a full-contact session                                 | Match load                | Aerial-contest conditioning      |

**Outside Backs programme lines, in full:** Top-end speed & sprint mechanics · Aerial-contest conditioning · Evasive footwork power · Off-season strength base · In-season speed maintenance. Published for this group at <https://eliterugbyapp.com/gym-programs>. A line is named against a day only where that day genuinely trains it; a day with no honest match is left blank. The sessions are this document's own template, built from the lifts at <https://eliterugbyapp.com/guides/rugby-gym-program>.

## Where four weeks sits in the year

Four weeks is one block. Inside Elite Rugby App it sits in a periodised year with four phases, each with its own job.

| PHASE              | WEEKS      | WHAT THE BLOCK DOES                                                                                                             |
|--------------------|------------|---------------------------------------------------------------------------------------------------------------------------------|
| <b>Off-Season</b>  | Week 1–8   | Weeks 1 to 8. Technique and hypertrophy. The block that has you stronger by the time pre-season starts.                         |
| <b>Pre-Season</b>  | Week 17–24 | Weeks 17 to 24. Strength and power, match-readiness. The block that has you selectable from round one.                          |
| <b>In-Season</b>   | Week 33–40 | Weeks 33 to 40. Strength and speed maintenance. The block that has you backing it up every weekend.                             |
| <b>Active Rest</b> | Week 49–52 | Weeks 49 to 52. Tempo work, aerobic base, recovery. The block that rebuilds you for next year without losing what you've built. |

Run the four-week block in this file where it fits your own calendar: as the opening block of a pre-season, or as a standalone month when you are between seasons. The dates in the table are the app's cycle, not a claim about your league.

## NEXT

# The rest of the year

This file is four weeks of one position group. The programme it is drawn from runs all year, for all six.

| SCALE  | WHAT IT MEANS     |
|--------|-------------------|
| 6      | Position groups   |
| 365    | Days a year       |
| 4      | Periodised phases |
| 1,800+ | Workouts          |

**See the programmes:** <https://eliterugbyapp.com/gym-programs>

**Start for free:** <https://eliterugbyapp.com/join>

Written by Phil Healey, S&C Coach at Elite Rugby App. The guide this file belongs to, with the weekly split table and the questions players ask about it, is at <https://eliterugbyapp.com/guides/rugby-workout-plan>.