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| --- | --- | --- | --- | --- | --- | --- | --- |
| Jun  2014 | 2 Weekly Training:  -Strength  -Sprint | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 Weekly Training:  -Strength  -Interval | 10 | 11 | 12 Passing – 250 per hand. 5 steps apart. | 13 | 14 Passing – 250 per hand. 5 steps apart. | 15 |
| 16  Weekly Training:  -Strength  -Base | 17 | 18 | 19 Passing – 250 per hand. 5 steps apart. | 20 | 21 Passing – 250 per hand. 5 steps apart. | 22 |
| 23 Weekly Training:  -Strength  -Sprint | 24 | 25 | 26 Passing – 250 per hand. 5 steps apart. | 27 | 28 Passing – 250 per hand. 5 steps apart. | 29 |
| 30 Weekly Training:  -Strength  --Interval | 1 | 2 | 3 Passing – 250 per hand. 7-8 steps apart. | 4 | 5 Passing – 250 per hand. 7-8 steps apart. | 6 |
| Jul  2014 | 7 Weekly Training:  -Strength  -Base | 8 | 9 | 10 Passing – 250 per hand. 7-8 steps apart. | 11 | 12 Passing – 250 per hand. 7-8 steps apart. | 13 |
| 14 Weekly Training:  -Strength  -Sprint | 15 | 16 | 17 Passing – 250 per hand. 7-8 steps apart. | 18 | 19 Passing – 250 per hand. 7-8 steps apart. | 20 |
| 21 Weekly Training:  -Strength  -Interval | 22 | 23 | 24 Passing – 250 per hand. 7-8 steps apart. | 25 | 26 Passing – 250 per hand. 7-8 steps apart. | 27 |
| 28 Weekly Training:  -Strength  -Base | 29 | 30 | 31 Passing – 250 per hand. 7-8 steps apart. | 1 | 2 Passing – 250 per hand. 10 steps apart. | 3 |
| Aug  2014 | 4 Weekly Training:  -Strength  -Sprint | 5 | 6 | 7 Passing – 250 per hand. 10 steps apart. | 8 | 9 Passing – 250 per hand. 10 steps apart. | 10 |
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| 11 Weekly Training:  -Strength  -Interval | 12 | 13 | 14 Passing – 250 per hand. 10 steps apart. | 15 | 16 Passing – 250 per hand. 10 steps apart. | 17 |
| 18 Weekly Training:  -Strength  -Base | 19 | 20 | 21 Passing – 250 per hand. 10 steps apart. | 22 | 23 Passing – 250 per hand. 5 steps apart. | 24 |

**Rugby Workout Log / Reflection(s)**

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| **Date**  **(Ex. Monday, 06/03)** | **Time** | **Description (What training exercises / Improvements / Set-backs)** | **Signature** |
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