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| --- | --- | --- | --- | --- | --- | --- | --- |
| Jun2014 | 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  |
| Jul2014 | 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  |
| Aug2014 | 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  |
|  |  |  |  |  |  |  |
| 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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