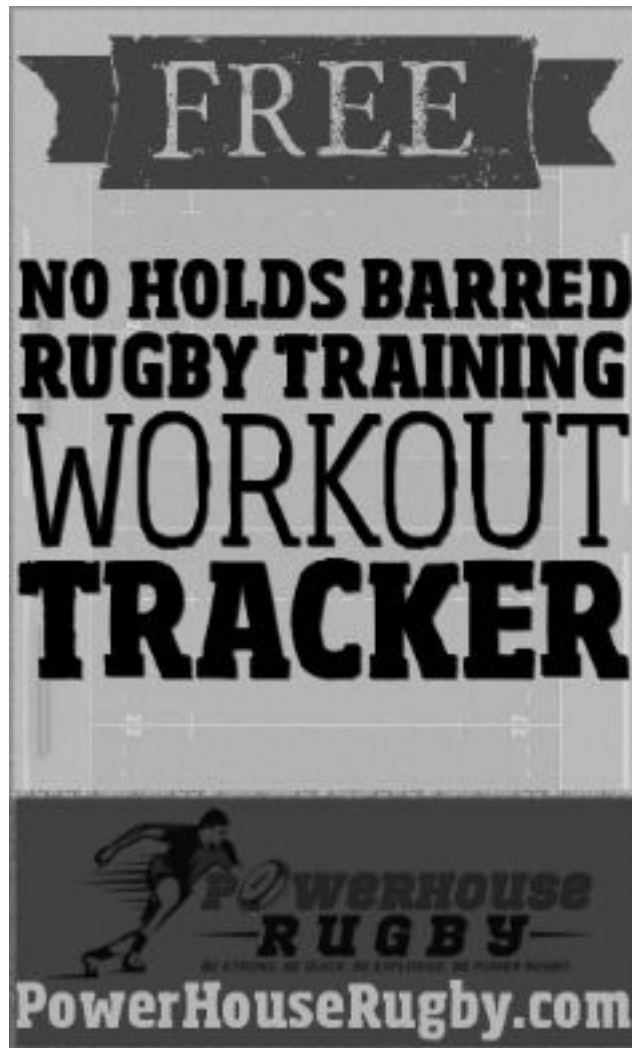


Welcome To Your



NAME: _____



Increase your rugby ability @ www.PowerhouseRugby.com

WHAT'S IN HERE FOR YOU

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Pages 3-6 ----- Introduction

Pages 7-9 ----- Motivation

Pages 10-11 --- Eating for Power

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Pages 19-20 --- Flexibility

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“

Everything Worth Achieving Requires Practice.

-T. Sterner, "The Practicing Mind"

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INTRODUCTION

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Thank you for your interest in becoming a power rugby player with PowerHouse Rugby. This workout tracker and training guide is intended for informational purposes only. Please consult a physician before utilizing this guide or beginning any exercise program.

The term ‘explosive strength’ is a term used in reference to an athlete's ability to deploy the greatest amount of force in the least amount of time. Leading rugby players possess this skill of instantly engaging their strength. Text and content go here. This is simply filler text for design purposes. Novice rugby players think the key to being great at rugby is lifting heavy weights to become big and strong when it's more important to develop explosive strength. This simple workout guide and fitness tracker is intended to help you in developing power and explosive strength for playing rugby. For more details about a specific exercise, recipe or drill click on the links provided and you'll find a detailed post on the subject.

“

We Are What We Repeatedly Do.

-Aristotle

”




MOTIVATION

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All too often, athletes confuse motivation with inspiration. Motivation is the stimulus that spurs action. Similar to placing your foot on the gas pedal to make a car accelerate. But motivation is a highly misunderstood life force. Most people don't understand what motivation is exactly or how it is supposed to work. In order for motivation to engage you and create activity it has to be prompted by the right motivator--one that is very specific to you.

Depending on what statistic you look at, the majority of New Year's resolutions implemented at the end of a year will fail by the following February. Why do you quit just as you begin to gain traction? Barring injury or a catastrophic event, the majority of people stop trying because they lack the right motivator.

Knowing what type of motivator works for you and you alone is the secret behind staying with something and seeing it to fruition. You'd be shocked at how many people use the wrong motivators when attempting to change, improve or break a long-standing bad habit.



If you don't know what your motivators are, we've pulled together some of the best data on finding out what your best motivators are. You are going to need to set aside a little time to answer some questions and reflect on your past. The following practices is based on a structure set up by therapist, coach and best-selling author, Barbara Sher.

Motivation Practice 1:

Your best friend wants to run the Boston Marathon. He's been training and has the ability, money and time, but he thinks he's not ready, that he could get injured and that he won't finish the race.

What would you say to him to encourage him to go?

Motivation Practice 2:

Another friend needs to lose 20 pounds and has joined a gym, but has yet to go and workout. He has every excuse in the book: "I'm too busy this week!" "I've been really tired." "I keep forgetting." "I'll look stupid." "I'm not that strong."

What would you say to him to encourage him to go?

Motivation Practice 3:

Another friend needs to lose 20 pounds and has joined a gym, but has yet to go and workout. He has every excuse in the book: "I'm too busy this week!" "I've been really tired." "I keep forgetting." "I'll look stupid." "I'm not that strong."

What would you say to him to encourage him to go?

Motivation Practice 4:

Think back to when you were young and wanted to participate in something but you needed the help and support of an adult, like a parent or parent(s), and older sibling, a teacher, or a coach, but the adult you were hoping could help, instead put you down for what you wanted to do or did.

Pretend you are the adult in that situation. What would you have said to the younger you instead?

Motivation Practice 5:

Think back again to when you were young, but this time reflect on any situation where you successfully participated in something on your own or achieved a tough accomplishment you weren't sure you could.

What did you say to yourself beforehand? How did you prepare? How did you feel while you were achieving it?

The final practice comes straight from Barbara Sher's book, 'Live the Life you Love'.

Motivation Practice 6:

Look back at the answers you gave in practices 1-5. Do you see a pattern forming in your answers? Your answers above are the keys to what actually motivates you.

Next you are going to complete a rating sheet to see if you can pin down your greatest motivator so that you can use it to help you stay motivated enough to change. It's called "The Motivators Rating Chart" and you want to rate the motivators from 0-10 with 10 being the best and 0 being the least motivating to you. Don't answer what you think you should. Be honest with yourself and only rate 10 on motivators that reflect what you answered in practices 1-5. When you understand your motivator, use it to motivate you for your workouts.

THE MOTIVATORS RATING CHART (*Rate 0-10)

MOTIVATOR	*RATING	MOTIVATOR	*RATING
Feeling Shame		Feeling Pain	
Feeling Fear		Being Angry	
Feeling Freedom		Being Scolded	
Feeling Competition		A Group Effort	
Feeling Thrill		Praying	
Being Lectured		Positive Statements	
Being Nagged		Being Coached	
Being Challenged		Feeling Guilt	
Being Dared		Being Praised	
Feeling Pleasure		Using Affirmations	
Getting a Reward		Getting Money	
Getting Revenge		Prestige	
Feeling Loved		Indépendance	
Feeling of Belonging		Feel Secure	
Proving Someone Wrong		Feel A Sense of Purpose	
		Meditating	

Feel free to cross through any and write your own. When you are done with this rating you should be able to see what is your main motivator. The real challenge to you is how you will implement this motivator to use with your rugby fitness plan.

“

If You Keep Good Food In Your Fridge, You Will Eat Good Food.

-E. McAdams

”



EATING FOR POWER

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Your human cells cannot generate energy without a point of supply from their surroundings. One of the surrounding “point of supply” your human cells search for are food molecules. Your cells require a steady amount of energy to produce and sustain the

biological structure that keeps cells functioning. When it comes to energy for rugby, food is your fuel and you play how you eat.

Power rugby energy requires that you fuel your body for your workouts and again for your recovery. This is especially true when you play in rugby games and participate in tournaments and columbines.

Elite rugby players know the caloric consumption they need to perform at their best during games and during their power workouts. You may eat one way for your power workouts, then increase your caloric intake and diversify the type of foods you consume for your game weekends. Consider your eating a scientific experiment, where you research what foods work the best for your performance, how much food keeps your energy steady, and when you need to eat for maximum output over time.

PROTEIN CONSUMPTION

Research studies (*source: Journal of the International Society of Sports Nutrition 2006 3:7 DOI: 10.1186/1550-2783-3-1-7*) have looked at the variables which have been demonstrated to affect the efficacy of any given protein intake:

- A. **The timing of protein ingestion.** *Timing has proven not to be a factor on muscle-building, however protein consumption before and after exercise does influence the tendency to overeat after a workout.*
- B. **The pattern of protein ingestion.** *Eating protein by itself and eating protein within a meal for maximum benefit.*
- C. **The rate of digestion.** *Boosting digestive enzyme levels to aid muscle growth and performance enhancement.*
- D. **The effect of added energy such as carbohydrates to a protein-containing meal.** *The thought is to eat 4 - 8 servings of whole grains, 1 - 2 cups of fruit (especially pineapple for its enzyme Bromelain because Bromelain digests proteins) and 2 - 4 cups of vegetables with Spinach being highest on the list.*
- E. **The quality of protein intake.** *Consuming high quality protein such as fish, poultry, beans, nuts and seeds over lower quality protein such as heavily processed meats like hot dogs, sausages & salami.*

The interaction of the above variables is essential for optimizing muscular protein balance for maximum benefit. Participants in several studies who were given twice the protein intake (2.2 g/kg body weight) over a placebo group (1.1 g/kg body weight) experienced significantly greater strength gains than the placebo group. (*source: Falvo & Vukovich*)

CARBOHYDRATE CONSUMPTION

Power rugby athletes need carbohydrates for endurance. Some of the best carbs you can use for fuel are brown rice, bananas, rolled oats, sweet potatoes, avocados, kale, spinach, yogurt, and some players even swear by chocolate milk. If you are feeling sluggish in your workouts try upping your carb intake, both before and after your workout.

“

Hustle For That Muscle.

-Unknown

”

**FITNESS DRILLS & TRACKING**

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As a novice rugby player you can show up for rugby practice fit and strong from working out on your own, but lack the explosive strength necessary to be a top player on the field, then wonder why coach has you standing on the sidelines during a regular season game.

Explosive power is the most important physical element you need to succeed in rugby. It is possible to build explosive speed by incorporating a series of dynamic workouts you can do in 4 days a week in addition to your regular strength training routine.

Explosive power comes from your hips and your core, therefore I have set up a 4-Day explosive drill schedule to quickly build strength and speed. Explosive power is also aided by the movement of your shoulders so there are exercises included to build shoulder, arm and back strength.

It is to be noted that the exercise drills listed on the following page are to be done to the point of fatigue and no further.

4-DAY EXPLOSIVE DRILL SCHEDULE

DAY 1: LOWER BODY

- Box jump - [Click here to go to PHR](#) to see this drill.
- 1-legged calf raise - [Click here to go to PHR](#) to see this drill.
- Hindu squat - [Click here to go to PHR](#) to see this drill.
- High skip - [Click here to go to PHR](#) to see this drill.
- Step-up/Knee drive - [Click here to go to PHR](#) to see this drill.
- 1-legged hop - [Click here to go to PHR](#) to see this drill.

DAY 2: CORE

- Knee-to-nose - [Click here to go to PHR](#) to see this drill.
- Plank up/down - [Click here to go to PHR](#) to see this drill.
- Plank - [Click here to go to PHR](#) to see this drill.
- Plank arm reach - [Click here to go to PHR](#) to see this drill.
- Double leg reach - [Click here to go to PHR](#) to see this drill.
- Active leg lower - [Click here to go to PHR](#) to see this drill.
- Abdominal twist - [Click here to go to PHR](#) to see this drill.
- Criss cross scissor - [Click here to go to PHR](#) to see this drill.
- Reverse crunch - [Click here to go to PHR](#) to see this drill.

DAY 3: ARMS

- Elevated push-up - [Click here to go to PHR](#) to see this drill.
- Basic push-up - [Click here to go to PHR](#) to see this drill.
- Diamond push-up - [Click here to go to PHR](#) to see this drill.
- Pull-up - [Click here to go to PHR](#) to see this drill.
- Bench dips - [Click here to go to PHR](#) to see this drill.

DAY 4: BACK

- Reverse snow angel - [Click here to go to PHR](#) to see this drill.
- 1 leg balance - [Click here to go to PHR](#) to see this drill.
- Superman - [Click here to go to PHR](#) to see this drill.
- Standing 1 leg TT - [Click here to go to PHR](#) to see this drill.

MONDAY: [LOWER BODY]				
Exercise	Sets	Reps	NOTES	Completed
Box jump	4	8-12		
1 - legged calf raise	4	8-12		
Hindu squat	4	8-12		
High skip	4	8-12		
Step-up/Knee drive	4	8-12		
1 - legged hop	4	4-6	50 yards	
TUESDAY: [CORE]				
Exercise	Sets	Reps	NOTES	Completed
Knee-to- nose	4	6-8		
Plank up/down	4	6-8		
Plank	1	1	Hold up to 3 min	
Plank arm reach	6	1	Hold 8 sec	
Double leg reach	1	16-20		
Active leg lower	1	16-20		
Abdominal twist	1	20		
Criss Cross Scissor kick	1	16-20		
Reverse crunch	1	16-20		
WEDNESDAY: [ARMS]				
Exercise	Sets	Reps	NOTES	Completed
Elevated push-up	4	8-12		
Basic push-up	4	8-12		
Diamond push-up	4	8-12		
Pull-up	2	4-5		
Bench dip	4	8-12		
THURSDAY: [BACK]				
Exercise	Sets	Reps	NOTES	Completed
Reverse snow angel	3	5		
1 leg warrior balance	3	5		
Superman	3	3	15-30 sec hold	
Standing 1-leg toe touch	3	10-15		

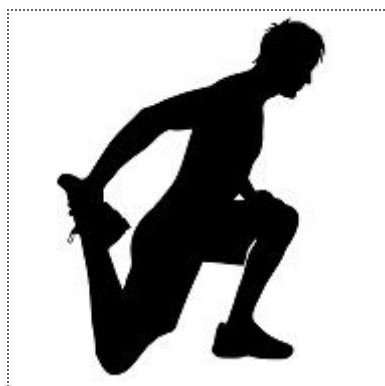
8 RECOVERY METHODS

- 1. SLEEP.** Sleep allows the brain to repair and the body to recover.
- 2. HYDRATION.** One word: water. But if you exercise for 50 minutes or more or in temperatures above 72 degrees or in humid climates where you sweat a great deal, you should hydrate with a liquid containing potassium and sodium. Many athletes prefer Pedialyte for this reason.
- 3. MASSAGE.** Deep tissue massage helps improve circulation and lessen the the effects of inflammation. It also helps the muscles to relax and retain flexibility. It goes without saying that massage is also a great pain reliever.
- 4. ICE BATHS.** It is important to discuss ice baths with your doctor and perform them only after your body has cooled down from exercise. It is said that ice baths help to battle any small tears in your muscle fiber and relieve the muscle soreness aftermath that can follow an intense workout.
- 5. NUTRITION.** Although for rugby players it's tempting to go for that ice cold beer as part of their immediate recovery, it is better to begin with a liquid such as Pedialyte along with ingesting 20-50 grams of protein. Alcohol is broken down in the liver and you need your liver to work on glucose production instead.
- 6. FOAM ROLLING.** Foam rolling is considered a SMR, or self-myofascial release technique to relieve soreness and improve range of motion.
- 7. ACTIVE RECOVERY.** Active recovery exercises can help with the pain and stiffness after a game or following an intense workout. Swimming is a great active recovery exercise. Bicycling is another one.
- 8. RELAXATION.** Meditation and or gentle Yoga are a great addition to your recovery plan. Anything that alleviates stress and reduces your cortisol levels will help speed up your recovery, both physical and mental.

“

Flex Thyself.**-Coach Terry**

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FLEXIBILITY

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When athletes think of flexibility they often think of stretching. Stretching is an important part of a rugby player's recovery, but what power rugby players should really focus on is flexibility.

Flexibility involves being able to freely move your body as you wish while breathing correctly. Flexibility also enables you to relax your mind and body on command. This is where attending a gentle yoga or meditation class can help teach you proper techniques. While both gentle yoga and meditation can assist you in improving your breathing techniques, gentle yoga takes breathing and relaxation one step further by including stretch positions that can help even out your muscle structure on both sides of your body, improve your balance, alleviate pain, and help you to relax.

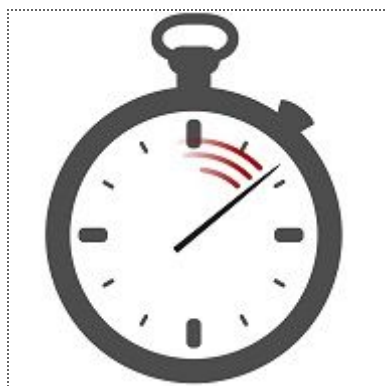
Tai chi is another practice that can help with flexibility. I recommend working a flexibility training into a group exercise where your time is devoted to that process alone.

“

**You Can Do Anything You Set Your Mind To Do.
If Not, Coach Terry Can Nag You Until You Do.**

-Brian Cox, PowerHouseRugby

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COACH TERRY ROUNDUP

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When starting a new process or learning a new habit remember to take small steps and set smaller goals. Too much too soon is the number one reason why athletes give up on themselves.

When something seems difficult, break it down into smaller steps or shorten the time until you begin to feel like you are mastering it.

Your mind is conditioned to keeping you safe so change is always something your mind will try and resist. Take the time to figure out what your motivation triggers are so that when your mind attempts to talk you out of training or taking care of yourself during recovery, you have the extra push you need to ignore your protective mind.

Feel free to contact me [coachterry\(at\)powerhouserugby.com](mailto:coachterry@powerhouserugby.com) if you need an extra push to get started or some personal advice on your training.

CLOSING & LEGAL

I strive to provide ethical and meaningful support for anyone wanting to improve their body to play rugby at their highest level. I pride myself on offering the truth about my training and nutrition practices. I invite you to modify anything from PowerHouseRugby to suit your needs. I only ask that you do not copy this guide to share with family or friends, but instead, please invite them to visit www.PowerHouseRugby.com and sign up on the mailing list to obtain this free guide, just as you have done. Obtaining this guide through the website signup helps support this college project of mine. I appreciate your support and goodwill and thank you for reading this.

PowerHouseRugby.com or its staff participants and contributors is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise or nutrition on any medical condition. **Always consult with a licensed physician.**

You should understand that when participating in any new training or exercise program, there is the possibility of physical injury. If you engage in these exercises, nutritional advice or exercise plan, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge PowerHouseRugby.com, its staff, participants, and contributors from any and all claims or causes of action, known or unknown, arising out of PowerHouseRugby.com's negligence.

I am always open to feedback. Feel free to email me at support(at)powerhouserugby(dot)com with your comments or suggestions.

Thank you.

BRIAN COX