

# Physical Training (Rugby)



## Components of fitness

**Speed** - how fast someone can move from one point to another

**Stamina** - exercising for long periods of time using the whole body

**Strength** - the ability to apply a large force

**Agility** - the ability to change direction at speed

## Principles of training

**Overload** - gradually increase the amount of exercise by using the F.I.T.

Principles of overload:

**Frequency** - how often you train

**Intensity** - how hard you train

**Time** - how long to train for

## Fitness Testing

**30 metre sprint test** - Sprint as fast as you can between the cones marked out.

Equipment: Cones, stopwatch, measuring tape

Advantages of fitness testing

- Shows strengths and weaknesses of different components of fitness
- Can be used to track improvements
- Can be used to motivate individuals to improve

## Types of training

**Interval training** - periods of high-intensity effort with periods rest e.g. when the ball is in play (effort) when the referee stops the game for a foul (rest)

Advantages:

- Easy to set up
- Cheap
- Replicates the game of basketball

Disadvantages:

- Can become boring

**Aerobic exercise** - with the presence of oxygen (to improve stamina)

**Anaerobic exercise** - without the presence of oxygen (to improve speed)

**Aerobic exercise** - 60-80% of maximum HR

**Anaerobic exercise** - 80-90% of maximum HR

## CALCULATIONS

Maximum Heart Rate (Max HR) = 220 - age:

For example a 13 year old would have a Max HR of **207** beats per minute