



# FITNESS 4 RUGBY LEAGUE

The leading rugby league fitness web site [www.fitness4rugbyleague.com](http://www.fitness4rugbyleague.com)

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## SAMPLE FUEL MIX CONDITIONING DRILLS FOR RUGBY LEAGUE

These drills are not an exercise prescription but a list of drills that may be used to develop fuel mix fitness.

### SETS, REPS. AND REST

The sets, reps., and rest times are provided as examples only. They all follow the principle of 3 sets of 5 reps., with 30s rest between reps. and 2 minutes rest between sets. This is a typical fuel mix system that will challenge both aerobic and anaerobic energy sources. If you wish to increase the running speed of these drills, simply increase your rest time between reps. and sets.

### WEARING A WEIGHTED VEST

To increase the demands of these drills you may also want to consider wearing a Reebok weighted vest. Alternate between performing a drill with then without the vest. For more information visit the [www.fitness4rugbyleague.com](http://www.fitness4rugbyleague.com) home page where the vest is a featured product.

### RECORD YOUR TIMES

We recommend that you time yourself for each interval and maintain a record of these times for comparison and to set yourself targets.

### WARM UP THOROUGHLY BEFORE PERFORMING THESE DRILLS

The author and Fitness 4 Sport LLP take no responsibility for injuries caused by attempting the exercises presented in this Fitfile. Fitness 4 Sport LLP recommends that you always learn new exercises under the guidance of a professional and consult your GP before you start. Please read our Terms & Conditions.

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**Template Sample Fuel Mix Fitness Drills Date: 08/12/2005**

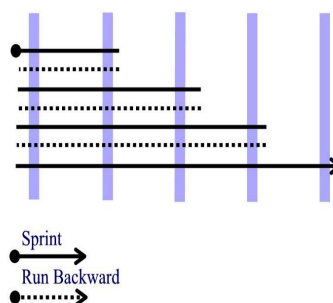
## 1. SPRINT - MULTIPLE FORWARD-BACKWARD

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- Place 5 markers in a straight line 10m apart
- Start at the first marker, sprint to marker 2, run backward to start
- Immediately sprint to marker 3, run backward to start
- Continue this sequence until reach the last marker
- Lower centre of gravity on change of direction
- Rest 30s between reps.
- Add a tackle bag at markers 2 and 4 for extra work!

Repeat 5 times.

Rest 30 seconds between repetitions.



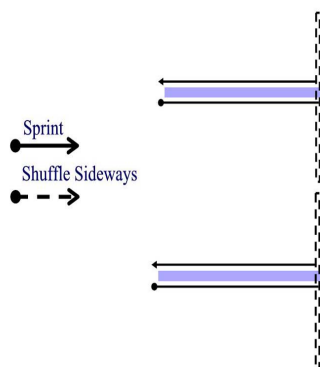
## 2. T GRID - RACE

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- Set up 2 T grids, equal size, side by side
- Partners stand at base of each T
- On command, partners race around their grid

Repeat 5 times.

Rest 90 seconds between repetitions.



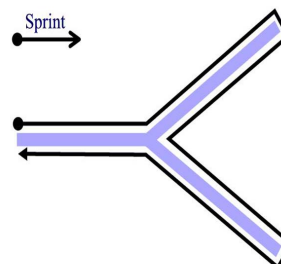
## 3. Y GRID - SPRINT

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- Markers positioned in a Y pattern, 10m apart
- Start at the bottom of the Y
- Sprint from start, step off right foot to left side of the Y
- At marker, lower centre of gravity and tackle a bag
- Sprint back one marker, turn & sprint to other side of Y and tackle a bag
- Turn & sprint back to the base of the Y to finish. rest 60s, repeat 5 reps.

Repeat 5 times.

Rest 60 seconds between repetitions.

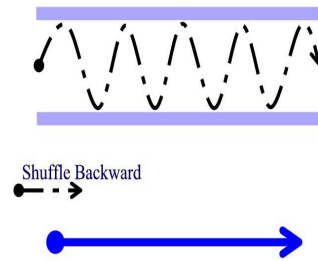


## 4. BACKWARD ZIGZAG

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- Place 2 lines of markers 5m apart, to form a 15 metre long channel
- Stand at one end, back facing down the channel
- Shuffle backward & laterally, zigzagging down the channel
- Maintain a low centre of gravity throughout
- On reaching the finish line, perform 5 push-ups and 5 squat jumps then accelerate straight back to the start line and rest 30s

Complete 3 sets of 5 repetitions.  
Rest 120 seconds between sets.



## 5. SPRINT - ZIGZAG - NARROW

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- Place 6 markers 5m apart, zigzag pattern
- Run forward through the zigzag pattern
- Accelerate toward each marker
- Tackle a bag at markers 2 and 4.
- Step off the outside foot, turn toward next marker
- Accelerate, continue sequence

Repeat 5 times.  
Rest 30 seconds between repetitions.

