

(You'll need to refer to the *Rocket Rugby* manual for the recommended “Strength”, “Speed and agility” and “Endurance” training plans listed.)

Early season – Week 4	
<b>Day 1</b>	Strength 1.1 Speed and agility 1.4
<b>Day 2</b>	Team training
<b>Day 3</b>	Strength 1.2 Endurance 1.4
<b>Day 4</b>	Team training
<b>Day 5</b>	Light day
<b>Day 6</b>	<b>GAME DAY</b>
<b>Day 7</b>	Recovery day. Team activity including rehabilitation exercise for injured players and short speed session up to 95% effort.

Early season – Week 5	
<b>Day 1</b>	Strength 1.3 Speed and agility 1.5
<b>Day 2</b>	Team training
<b>Day 3</b>	Strength 1.1 Endurance 1.5
<b>Day 4</b>	Team training
<b>Day 5</b>	Light day
<b>Day 6</b>	<b>GAME DAY</b>
<b>Day 7</b>	Recovery day. Team activity including rehabilitation exercise for injured players and a fun endurance activity.

Early season – Week 6	
<b>Day 1</b>	Strength 1.2 Speed and agility 1.6
<b>Day 2</b>	Team training
<b>Day 3</b>	Strength 1.3 Endurance 1.6
<b>Day 4</b>	Team training
<b>Day 5</b>	Light day
<b>Day 6</b>	<b>GAME DAY</b>
<b>Day 7</b>	Recovery day. Team activity including rehabilitation exercise for injured players and a fun day with family at the beach or pool. A good speed component with some agility work.