



## 2024 Philippine Volcanoes 7s Fitness/Conditioning Program

<i>Activity &amp; Duration</i>	<i>Instructions</i>	<i>Targeted Outcome</i>
<p><b>SESSION A – BROKEN BRONCOS</b></p> <p><b>Time Allocation: 15 – 30 minutes (Depending on work/rest/cycle selection)</b></p>	<p><b><u>General Instructions</u></b></p> <ul style="list-style-type: none"> <li>• Players will start on the try line and complete the following:               <ul style="list-style-type: none"> <li>- run forwards to a line or cone 20 metres from the try line, then return to the try line.</li> <li>- run forwards to a line or cone 40 metres from the try line, then return to the try line.</li> <li>- run forwards to a line or cone 60 metres from the try line, then return to the try line.</li> </ul> </li> <li>• The above sequence is 1 lap, with a distance of 240 metres.</li> </ul> <p>ONLY CHOOSE (1) OF THE BELOW PER SESSION.</p> <p><b><u>Single Broken Broncos</u></b></p> <ul style="list-style-type: none"> <li>• Complete 5 cycles of the broken bronco (1 lap) using a work/rest ratio.</li> <li>• The standard ratio is 1 minute work/1 minute rest for 5 laps. This work/rest ratio will take exactly <b>10 minutes</b> to complete.</li> <li>• To increase the difficulty of the exercise, reduce the work/rest ratio; e.g. 55 seconds work/45 seconds rest.</li> </ul>	<ul style="list-style-type: none"> <li>• ATP-CP and Anaerobic energy system activation</li> <li>• Promote an increase in anaerobic capacity</li> <li>• Individual fitness development</li> <li>• Mental durability</li> </ul>

	<ul style="list-style-type: none"> <li>• Furthermore, you can increase the volume of the exercise by completing 2 sets of the 5 lap cycle, with a 2 minute rest in between each 5 lap cycle (replicating the 2 minute halftime break in 7s).</li> <li>• The total volume for 5 cycles of a 1 lap broken bronco is 1.2km.</li> <li>• The total volume for 5 cycles of a 2 lap broken bronco is 2.4km.</li> </ul> <p><b><u>Double Broken Broncos</u></b></p> <ul style="list-style-type: none"> <li>• Complete 5 cycles of a double broken bronco (2 laps) using a work/rest ratio.</li> <li>• The standard ratio is 2 minutes work/1 minute 30 seconds rest for 5 laps. This work/rest ratio will take approximately <b>18 minutes</b> to complete.</li> <li>• To increase the difficulty of the exercise, reduce the work/rest ratio; e.g. 1 minute 50 seconds work/1 minute rest.</li> <li>• The total volume for 5 cycles of a 2 lap broken bronco is 2.4km.</li> </ul> <p><b><u>Full Bronco</u></b></p> <ul style="list-style-type: none"> <li>• Complete 1 set of 5 straight laps of the broken bronco.</li> </ul>	
--	--	--

	<ul style="list-style-type: none"> <li>• Best to undertake the full bronco once every 3-4 weeks as a method of measuring progression or regression of conditioning capacity.</li> <li>• If you want to increase the volume of your session after completing 1 full bronco, you may choose to do another full bronco, or 5 cycles of the broken bronco (1 lap) using a work/rest ratio, approximately 3 – 5 minutes after completing the first full bronco.</li> <li>• The total volume for 1 full bronco is 1.2km.</li> </ul>	
<p><b>SESSION B – 3KM TIME TRIAL</b></p> <p><b>Time Allocation: Maximum: 15 minutes Target: 12 – 14 minutes</b></p>	<p><b><u>General Instructions</u></b></p> <ul style="list-style-type: none"> <li>• Run <b>3km</b> either outside on a track or trail, or indoors on a treadmill.</li> <li>• <b>Treadmill advantages/Outdoor disadvantages:</b> <ul style="list-style-type: none"> <li>- Ability to change speed and incline.</li> <li>- Treadmill running reduces some of the impact on the joints and the body as a whole.</li> <li>- Some treadmills allow you to create your own unique course profile to replicate trail or terrain running.</li> </ul> </li> <li>• <b>Treadmill disadvantage/Outdoor advantages:</b> <ul style="list-style-type: none"> <li>- The ground outside might feel flat, but it actually isn't. Therefore, your foot and leg muscles are constantly making small adjustments when you run outdoors to adapt to changing surfaces. These adjustments are great for coordination and balance.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Anaerobic and Aerobic activation</li> <li>• Individual fitness development</li> <li>• Improvement in overall endurance.</li> <li>• Mental durability.</li> </ul>

	<ul style="list-style-type: none"><li>- The muscle mechanics differ when you run on the treadmill. Outside, you typically rely on your hamstrings to finish the stride cycle and lift your legs behind you. On a treadmill, the propulsion of the belt does much of the work for you, and your quads are used to push off, i.e. your hamstrings are not firing as much as they would if you were running outdoors.</li></ul> <p><b><u>Treadmill running</u></b></p> <ul style="list-style-type: none"><li>• Alternate speed during the run to create specificity to the conditioning demands of 7s rugby, e.g., 30 seconds at speed level 16, 30 seconds at speed level 12, and repeat this 1 minute cycle until 3km distance is achieved.</li><li>• Increase the incline of the treadmill to place greater load on the quads and hip flexors, and increase overall conditioning capacity.</li></ul> <p><b><u>Outdoor running</u></b></p> <ul style="list-style-type: none"><li>• Use a run tracking app, such as <i>Strava</i>, to track your time and distance whilst you're running. This will also allow you to track your average speed/km.</li><li>• Alternate speed during the run to create specificity to the conditioning demands of 7s rugby, e.g., 30</li></ul>	
--	---	--

	<p>seconds sprinting, 30 seconds to 1 minute cruise, and repeat this 1 minute to 1 minute 30 seconds cycle until the 3km distance is achieved.</p> <ul style="list-style-type: none"> <li>• Running with hills and uneven terrain will also promote adaptation in the muscles necessary for greater agility.</li> </ul>	
<p><b>SESSION C – 5KM TIME TRIAL</b></p> <p><b>Time Allocation: Maximum: 27 minutes Target: 20 – 23 minutes</b></p>	<p><b><u>General Instructions</u></b></p> <ul style="list-style-type: none"> <li>• Run <b>5km</b> either outside on a track or trail, or indoors on a treadmill.</li> <li>• <b>Treadmill advantages/Outdoor disadvantages:</b> <ul style="list-style-type: none"> <li>- Ability to change speed and incline.</li> <li>- Treadmill running reduces some of the impact on the joints and the body as a whole.</li> <li>- Some treadmills allow you to create your own unique course profile to replicate trail or terrain running.</li> </ul> </li> <li>• <b>Treadmill disadvantage/Outdoor advantages:</b> <ul style="list-style-type: none"> <li>- The ground outside might feel flat, but it actually isn't. Therefore, your foot and leg muscles are constantly making small adjustments when you run outdoors to adapt to changing surfaces. These adjustments are great for coordination and balance.</li> <li>- The muscle mechanics differ when you run on the treadmill. Outside, you typically rely on your hamstrings to finish the stride cycle and lift your</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Anaerobic and Aerobic activation</li> <li>• Individual fitness development</li> <li>• Improvement in overall endurance.</li> <li>• Mental durability.</li> </ul>

legs behind you. On a treadmill, the propulsion of the belt does much of the work for you, and your quads are used to push off, i.e. your hamstrings are not firing as much as they would if you were running outdoors.

**Treadmill running**

- Alternate speed during the run to create specificity to the conditioning demands of 7s rugby, e.g., 15 seconds at speed level 16, 45 seconds at speed level 12, and repeat this 1 minute cycle until 5km distance is achieved.
- Increase the incline of the treadmill to place greater load on the quads and hip flexors, and increase overall conditioning capacity.

**Outdoor running**

- Use a run tracking app, such as *Strava*, to track your time and distance whilst you're running. This will also allow you to track your average speed/km.
- Alternate speed during the run to create specificity to the conditioning demands of 7s rugby, e.g., 15 seconds sprinting, 45 seconds cruise, and repeat this 1 minute cycle until the 5km distance is achieved.

	<ul style="list-style-type: none"> <li>• Running with hills and uneven terrain will also promote adaptation in the muscles necessary for greater agility.</li> </ul>	
<p><b>ADDITIONAL SESSION – HIIT WORKOUTS</b></p> <p><b>Time Allocation:</b> <b>Maximum time required to complete all rounds/reps</b></p>	<p><b><u>General Instructions</u></b></p> <ul style="list-style-type: none"> <li>• Using a combination of cardio equipment and dumbbells/barbells in the gym, HIIT workouts can promote improvements in overall cardiovascular endurance and capacity.</li> <li>• Always remember to record the time/weights for each session.</li> </ul> <p><b><u>Sample HIIT Workout 1</u></b></p> <ul style="list-style-type: none"> <li>• 600m row or run.</li> <li>• 5 Dumbbell Devil Press <a href="https://youtu.be/hc6dfJHRcD0">https://youtu.be/hc6dfJHRcD0</a></li> <li>• 10 Kettlebell Clean and Press <a href="https://youtu.be/v3Q6IDUIN-E">https://youtu.be/v3Q6IDUIN-E</a></li> <li>• 15 Burpees <a href="https://youtu.be/auBLPXO8Fww">https://youtu.be/auBLPXO8Fww</a> - Beginner – complete 4 rounds, Advanced – complete 10 rounds.</li> </ul> <p><b><u>Sample HIIT Workout 2</u></b></p> <ul style="list-style-type: none"> <li>• 800m run</li> </ul>	<ul style="list-style-type: none"> <li>• ATP-CP and Anaerobic energy system activation</li> <li>• Muscular endurance</li> <li>• Hypertrophy</li> <li>• Power development</li> <li>• Improvement in overall endurance.</li> <li>• Mental durability.</li> </ul>

- 25 barbell squats/dumbbell squats/air squats
- 25 barbell bench press/dumbbell bench press/push ups
- 600m run
- 50 barbell squats/dumbbell squats/air squats
- 50 barbell bench press/dumbbell bench press/push ups
- 400m run
- 75 barbell squats/dumbbell squats/air squats
- 75 barbell bench press/dumbbell bench press/push ups
  - Beginner – complete 1 round, Advanced – complete 2 rounds.

**Sample HIIT Workout 3**

- 10 Dumbbell [https://youtu.be/VP\\_f9V854og](https://youtu.be/VP_f9V854og) or Kettlebell <https://youtu.be/raPsTup1NUI> Bent Over Rows
- 10 Dumbbell <https://youtu.be/fy-Ou88ruAk> or Kettlebell <https://youtu.be/OXKJC6koW2A> Upright Rows
- 10 Dumbbell <https://youtu.be/sQHS3A2g-M8> or Kettlebell <https://youtu.be/YI2zltlhdYw> Clean and Presses
- 500m row or run
  - Beginner – complete 3 rounds for time, Advanced – complete 7 rounds for time.

**Notes:**

Its best to complete session A, B, and C, once per week. You can supplement this with 2 sessions of the additional HIIT workout.

Always track your time/weight/reps/rest each session so that you can adjust these variables to promote progressive improvement.

**110 metres** - the distance a top player runs on average per minute in a game (World Rugby 7s Series).

**1.8 kilometres** - the average distance a player will cover in a game (World Rugby 7s Series).

Having regard to the statistics above, the average distance covered on a full day of rugby 7s with 3 games is 5.4 kilometres. A single cardio/fitness session (15 to 45 minutes) should not exceed this distance.