



# **2022 NATIONAL 7s PROGRAMS**

**LOAD MONITORING PROGRAM**

# INTRODUCTION



**THE FOLLOWING MONITORING PROGRAM IS PUT IN PLACE TO ASSIST PLAYERS (AND COACHES) TO AID TEAM PREPARATION FOR THE UPCOMING ASIA SEVENS SERIES.**

## **HOW DOES IT WORK?**

- **PLAYERS RECORD THEIR DAILY TRAINING PROGRAM VIA OUR WEBSITE AND TEAM PORTAL (VIA SURVEY)**
- **SESSIONS CAN BE RECORDED EITHER VIA A TEAM AND/OR INDIVIDUAL TRAINING SESSION**
- **EACH TRAINING SESSION IS MEASURED BY RATE OF PERCEIVED EXERTION (RPE) x LENGTH OF TIME**
- **A TOTAL NUMBER OF POINTS WILL BE CALCULATED AND RECORDED FOR MONITORING (EG. 8 x 90 mins = 720 points)**
- **POINTS WILL BE RECORDED FOR EACH DAY AND AT THE END OF THE WEEK TO SHOWCASE A PLAYERS FITNESS & ACTIVE RUGBY STATUS**

# WHY IS THIS IMPORTANT?

**IN ORDER TO PERFORM AT THE INTERNATIONAL EVENT, NATIONAL ATHLETES NEED TO BE AT A SPECIFIC FITNESS LEVEL AND PREPARE THEMSELVES TO BE EXPOSED TO A HIGH LEVEL OF PHYSICAL AND MENTAL TRAINING PRIOR TO TRAINING CAMP, DURING TRAINING CAMP & COMPETITION**

**THE LOAD MONITORING PROGRAM WILL INDICATE IF SQUAD MEMBERS ARE IN THE IDEAL PREPARATION SHAPE BEFORE ARRIVING INTO CAMP. THEY WILL ALSO BE MEASURED AGAINST EACH OTHER TO AID SELECTION PRIOR TO TRAINING CAMP.**

**PLAYERS WHO ARE NOT OR WHO HAVE NOT ACCUMULATED ENOUGH POINTS PRIOR RISK NON-SELECTION DUE TO THEIR RUGBY ACTIVITY STATUS AND MORE EVIDENTLY THEREFOR RISK POTENTIALLY FALLING TO AN INJURY AT TRAINING CAMP. THIS IS DUE TO THE FACT THEIR BODIES CANNOT RECOVER IN A SHORT SPACE OF TIME IN A HIGH PERFORMANCE TRAINING ENVIRONMENT**

**TO ENSURE TEAM PHILIPPINES IS CONDITIONED, A LOAD MONITORING PROGRAM WILL AID IN OUR PREPARATION TO PERFORM AND RECOVER AT THE ELITE LEVEL. IT WILL ALSO BE A SELECTION TOOL TO AMPLIFY WHICH PLAYERS ARE MOST CONDITIONED TO PLAY SEVENS RUGBY AND BEST COMPETE AT A TRAINING CAMP.**

# WHAT IS OUR RECOMMENDED TRAINING/ PREPARATION SCHEDULE FOR EACH ATHLETE?

**AN ACTIVE RUGBY PLAYER AT A NATIONAL LEVEL SHOULD BE AIMING FOR:**

- **2 x RUGBY TEAM FIELD SESSIONS A WEEK WITH YOUR RUGBY TEAMS WHILST IN RUGBY SEASON (A DEDICATED REGULAR TRAINING PROGRAM LEADING UP TO INTERNATIONAL COMPETITIONS IF IN OFF SEASON)**
- **AT LEAST 3 x INDIVIDUAL STRENGTH (GYM) &/OR CONDITIONING (FITNESS) SESSIONS PER WEEK**
- **100% COMMITMENT AT YOUR CLUB TEAM FOR REGULAR RUGBY TRAINING, GAMES & MATCHES**
- **ADDITIONAL POSITION SPECIFIC SESSIONS TO INCREASE YOUR SKILLSET**

# HOW DOES THE MONITORING SYSTEM WORK?



EXAMPLE A:	REMOTE (LMS)			
	TYPE OF SESSION	RPE	TIME	TOTAL
MON	GYM	8	60	420
TUES	TEAM FIELD SESSION	8	90	720
WED	FITNESS	8	30	240
THUR	TEAM FIELD SESSION	8	90	720
FRI	GYM	8	60	420
SAT	GAME	9	40	360
SUN	RECOVERY	0	0	0
TOTAL				2880

# HOW DOES A CAMPAIGN RELATE?



EXAMPLE A:	WEEKEND TRAINING CAMP			
	TYPE OF SESSION	RPE	TIME	TOTAL
FRI				0
SAT	FIELD SESSION (x2)	8	180	1440
SUN	FIELD SESSION (x2)	8	180	1440
MON	GYM	8	60	480
TUES	FIELD SESSION	7	90	630
WED	FIELD SESSION	7	90	630
				4620
THUR	TRAVEL			0
FRI				0
SAT	MATCH DAY	10	42	420
SUN	MATCH DAY	10	42	420
TOTAL				840

# HOW DOES A CAMPAIGN RELATE?



EXAMPLE A:	WEEK TRAINING CAMP			
	TYPE OF SESSION	RPE	TIME	TOTAL
WED	FIELD SESSION	7	90	630
THUR	FIELD SESSION (x2)	8	180	1440
FRI	FIELD SESSION	7	90	630
SAT	GYM	7	60	420
SUN	RECOVERY			0
MON	FIELD SESSION (x2)	8	180	1440
TUES	FIELD SESSION	7	90	630
WED	FIELD SESSION	7	90	630
				5820
THUR	TRAVEL			0
FRI				0
SAT	MATCH DAY	10	42	420
SUN	MATCH DAY	10	42	420
TOTAL				840

# PREPARATION PERIOD



	August				September				Days	October				Days	November		
12 WEEKS	1	Mo	MHS	7 WEEKS	1	Th		3 WEEKS		1	Sa				1	Tu	
	2	Tu			2	Fr			2	Su		2		We			
	3	We			3	Sa			3	Mo	MHS HPP 7s TS	3		Th			
	4	Th			4	Su			4	Tu		4		Fr			
	5	Fr			5	Mo	MHS HPP 7s TS		5	We		5		Sa			
	6	Sa			6	Tu			6	Th		6		Su			
	7	Su			7	We			7	Fr		7		Mo			
11 WEEKS	8	Mo	MHS HPP 7s TS	8	Th		2 WEEKS	1	8	Sa: L3 = NDD	Mini Camp 1 x 2 Sessions		1	8	Tu		
	9	Tu		9	Fr			2	9	Su	Mini Camp 2 x 2 Sessions		1	9	We		
	10	We		10	Sa	L2 = NDD & FB10s (HK)		3	10	Mo	MHS - Field Session		2	10	Th		
	11	Th		11	Su			4	11	Tu	FF - Gym Session		3	11	Fr		
	12	Fr		12	Mo	MHS HPP 7s TS		5	12	We	PSU - Field Session		4	12	Sa		
10 WEEKS	13	Sa	L1 = NDD	13	Tu		1 WEEK	6	13	Th	FF - Gym Session		5	13	Su		
	14	Su		14	We			7	14	Fr	Recovery		6	14	Mo		
	15	Mo	MHS HPP 7s TS	15	Th			3	15	Sa	Mini Camp 3 x Sessions		7	15	Tu		
	16	Tu		16	Fr			4	16	Su	Mini Camp 4 x Sessions		8	16	We		
	17	We		17	Sa			5	17	Mo	MHS - 1 x Field Session		9	17	Th	Depart to Korea	
	18	Th		18	Su			6	18	Tu	FF - 1 x Gym Session		10	18	Fr	Captains Run	
	19	Fr		19	Mo	MHS HPP 7s TS		7	19	We	PSU - 1 x Field Session		11	19	Sa	A7S - Round 2 - Korea	
9 WEEKS	20	Sa		20	Tu		4 WEEKS	8	20	Th	Depart to Thailand		12	20	Su		
	21	Su		21	We			6	21	Fr	Captains Run		13	21	Mo		
	22	Mo	MHS HPP 7s TS	22	Th			7	22	Sa	A7S - Round 1 - Thailand		14	22	Tu	Stay in Korea	
	23	Tu		23	Fr			8	23	Su			15	23	We		
	24	We		24	Sa	L2 = OD		9	24	Mo	Depart to Manila		16	24	Th	Depart to UAE	
	25	Th		25	Su				25	Tu			17	25	Fr	Captains Run	
	26	Fr		26	Mo	MHS HPP 7s TS			26	We			18	26	Sa	A7S - Round 3 - UAE	
8 WEEKS	27	Sa	L1 = OD	27	Tu				27	Th			19	27	Su		
	28	Su	H7s (UK)	28	We				28	Fr			20	28	Mo	Return to Manila	
	29	Mo	MHS HPP 7s TS	29	Th				29	Sa				29	Tu		
	30	Tu		30	Fr				30	Su				30	We		
	31	We							31	Mo							

- 8 WEEKS UNTIL LEG 1
- 12 WEEKS UNTIL LEG 2 & 3
- LOAD MONITORING TO START FOR ALL SELECTED SQUAD MEMBERS

# 2022 ASIA SEVENS SERIES DATES



**ROUND 1 = 22/23 OCTOBER IN THAILAND (TBC)**

**ROUND 2 = 19/20 NOVEMBER IN KOREA (TBC)**

**ROUND 3 = 26/27 NOVEMBER IN UAE (TBC)**

## WHAT ARE OUR 2022 UNION GOALS?



**TO FINISH IN THE TOP 5 (W) TOP 4 (M) ACROSS EACH OF THE ASIA SEVENS LEGS AND/OR OVERALL**

# START YOUR LOAD MONITORING

**STEP 1:** CLICK LINK TO TEAM PORTAL = <https://www.philippines.rugby/401/login.php?redirect=/national-teams-resource-page.html>

**STEP 2:** ENTER PASSWORD = lapu-lapu

**STEP 3:** CLICK THE PROGRAM YOU ARE SELECTED IN (EG. WOMEN'S 7s or MEN'S 7s)

**STEP 4:** ENTER PASSWORD = volcanoesa7s2022

**STEP 5:** COMPLETE SURVEY

## NEED MORE INFORMATION?

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