

8 – Week Rugby League Match Official Cardiovascular Training Program

		Intensity	Reps	Recovery
Week	1	75%	5	heart rate 60%
	- 2	72%	6 - 8	heart rate 60%
	- 3	65%	8	heart rate 65%
	- 4	78%	8 -12	heart rate 70%
Week	5	85%	10 – 12	heart rate 60%
	- 6	80%	6	heart rate 70%
	- 7	92%	8 -10	heart rate 65%
	- 8	85%	8 -10	heart rate 72%

The intensity is the heart rate percentage needed to be reached for each repetition whilst the recovery is the heart rate percentage required before commencing your next rep.

You may notice that during your session it does not take as long for the heart rate to increase to the desired zone once fatigue has set in. You may also notice it may take longer to recover to the desired recovery zone the further along you are in the session.

PLEASE NOTE: To lower your heart rate, control your breathing and ensure you are hydrated sufficiently.

The above heart rate percentage zones are to be only used for the **CORE** drills. The supplemental exercises are ‘all out’ efforts ‘at or about’ maximum capacity and performed in accordance with the descriptions provided.

PLEASE NOTE: A typical session should last for 90 minutes maximum and include 3 sections:

- warm up / build up
- specific exercise drills
- cool down / stretch

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	Core	Supplemental
Weeks 1 – 4		
Day 1	Speed Endurance	5 x Sideline Speed Drill 60 sec recovery between reps. 10 x 100m '15' second sprints 45 sec recovery between reps
Day 2	Anaerobic Drill Agility 1 Drill	10 minutes of 7 sec 40m Sprint 21 sec Recovery
Weeks 5 – 8		
Day 1	Speed Endurance Agility 2 Drill	6 x Speed Specific Drill 2 6 x Speed Specific Drill 1
Day 2	Anaerobic Drill 2 Agility 1 Drill	5x Sideline Speed Drill 50 sec recovery between reps 8 x 100m '15' sec sprints 30 sec recovery between reps