

Pre-Season Plan for Glasgow Rugby League

6-Week Rugby League Preseason Plan (Starting 28 April 2025)

Week 1: Foundation Phase (28 Apr – 4 May)

Establish baseline strength, aerobic capacity, and mobility. Focus on movement quality and injury prevention.

Forwards

Mon	Mobility + Activation	Foam rolling, dynamic mobility (10 mins), DB circuit (3x10: Goblet Squat, Row, Press), core (planks, dead bugs).	4
Tue	Club Training		5
Wed	Strength	Squat 4x6 @70%, Trap Bar DL 3x5, Sled Pushes 3x20m, Farmers Carry 3x20m.	6
Thu	Club Training		6
Fri	Power	Power Cleans 4x3 @60-70%, Broad Jumps 3x5, Seated Jumps 3x5, Sled Push Sprint 3x15m.	6
Sat	Recovery + Skills	Light mobility (15 mins), passing drills, low-intensity grappling (5x1 min), contrast bath (optional).	3
Sun	Aerobic Conditioning	Assault Bike 3x8 mins (60s ON / 60s OFF), Farmers March 3x20m, tempo walk 20 mins.	3

Backs

Mon	Conditioning + Mobility	Back Squat 4x6 @65%, Walking Lunges 3x8/leg, RDLs 3x8, tempo run (3x100m @70%), foam rolling.	5
Tue	Club Training		5
Wed	Sprint Mechanics + Strength	A-skips 2x20m, Wall Drill 3x10s, 10-20-30m sprints (2 reps each), Bulgarian Split Squat 3x6/leg, Band Pull Aparts 3x15.	6
Thu	Club Training		6
Fri	Speed + COD + Lifting	Sprint Ladder (10-20-30m), 4x200m tempo runs, Cone Agility Drill 3x4, Deadlift 4x5 @70%, Step-Ups 3x8.	6
Sat	Recovery + Skills	Light dynamic warm-up, passing + evasion drills, tempo jogging 15 mins, mobility flow.	3
Sun	Aerobic + Tempo	Tempo intervals (6x150m @60%), bounding + skipping drills, cooldown walk.	3

Week 2: Pre-9s Tournament (5 – 11 May)

Deload volume, sharpen speed and contact readiness for 9s. Integrate tournament preparation.

Forwards

Mon	Mobility + Strength	DB RDL 3x10, Side Plank 3x30s/side, TRX Rows 3x12, bike flush 10 mins.	4
Tue	Club Training	High-tempo handling and decision-making under fatigue.	6
Wed	Power	Med Ball Slam 3x10, Landmine Rotation 3x8/side, Sled Drives 3x20m, Push Press 3x5 @60%.	6
Thu	Club Training	Match prep set plays, restart setups, defensive scenarios.	5
Sat	9s Tournament	Competitive match play. Match prep warm-up, cooldown recovery.	8
Sun	Recovery	Light mobility, contrast shower/bath, foam rolling, walking recovery.	2

Backs

Mon	Strength + Mobility	Back Squat 3x5 @70%, RDL 3x6, Lateral Lunge 3x8, hip band work, stretch flow.	5
Tue	Club Training	High-tempo handling and decision-making under fatigue.	6
Wed	Sprint + Agility + Lift	10-30-40m sprint sets (2x each), Zigzag Sprint 3x4, Lateral Bounding 3x10/side, Goblet Squats 3x8.	6
Thu	Club Training	Match prep set plays, restart setups, defensive scenarios.	5
Sat	9s Tournament	Competitive match play. Match prep warm-up, cooldown recovery.	8
Sun	Recovery	Low-intensity stretch flow, walking, cold shower.	2

Week 3: Contact Conditioning & Match Build-Up (12 – 18 May)

Increase intensity, integrate contact scenarios, and prepare for full match play.

Forwards

Mon	Strength + Mobility	Front Squat 4x5 @75%, Hamstring Curls 3x10, Banded Walks 3x12m, Hip Mobility Circuit.	5
Tue	Club Training		7
Wed	Power + Contact	Power Cleans 3x3 @70%, Med Ball Chest Throw 3x8, Tackle Tech Circuits 4x2 min, Sled March 3x20m.	7
Thu	Club Training		6
Sat	Match Day	Full match play. Proper warm-up/cool-down protocols enforced.	8
Sun	Recovery	Pool recovery, stretching circuit, light walk or bike 20 mins.	2

Backs

Mon	Strength + Conditioning	Deadlift 4x5 @75%, Walking Lunges 3x10, Jump Squats 3x5, 3x150m tempo runs @70%.	6
Tue	Club Training		7
Wed	Speed + Agility + Lift	Flying 20s x4, Zigzag Sprint x3, Lateral Bound x10/side, Bulgarian Split Squat 3x8, DB Row 3x10.	7
Thu	Club Training		6
Sat	Match Day	Full match play. Technical warm-up and focused sprint priming.	8
Sun	Recovery	Guided stretch, hip openers, contrast bath.	2

Week 4: Reload + Acceleration Phase (19 – 25 May)

Refocus and reload while emphasizing sprint mechanics and mid-week match intensity.

Forwards

Mon	Mobility + Strength	Trap Bar DL 3x5 @70%, Core Rollouts 3x12, Farmer Carry 3x20m, Band Resisted Glute Bridge 3x12.	5
Tue	Club Training		7
Wed	Power + Acceleration	Box Jumps 3x4, Sled Sprint 3x15m, Push Press 3x5, Med Ball Rotations 3x10.	6
Thu	Club Training		6
Sat	Match Day	Full match play.	8
Sun	Recovery	Pool session, active stretch, deep tissue foam rolling.	2

Backs

Mon	Strength + Sprint Endurance	Back Squat 3x5 @75%, DB Step-Ups 3x10, 4x100m sprint intervals @75%, 2x Ladder Drills.	6
Tue	Club Training		7
Wed	Acceleration + Lift	Wall Drill 3x10s, 10-20m Sprint x4, Box Jump 3x5, RDL 3x8, Incline DB Press 3x8.	7
Thu	Club Training		6
Sat	Match Day	Match play. Acceleration prep and cool-down.	8
Sun	Recovery	Breathwork + stretching, foam rolling, optional swim.	2

Week 5: Intensification II – Game Speed Simulation (26 May – 1 June)

Forwards

Mon	Strength + Core	Front Squat 4x4 @80%, Isometric Split Squat Hold 3x30s, Side Plank Rows 3x10, Band Pulls 3x15.	6
Tue	Club Training		7
Wed	Power-Endurance	Cluster DL 4x3 (20s rest), Med Ball Slam 3x10, Sled Push Sprint 3x15m, Push Press 3x3.	7
Thu	Club Training		6
Sat	Conditioning + Contact	5x Sprint → Ruck + Reset drill (45s work), Log Carry x4, Sled March 3x20m.	7
Sun	Recovery	Contrast bath, mobility reset, core activation.	2

Backs

Mon	Strength + Sprint Conditioning	Deadlift 3x5 @80%, Jump Squat 3x5, 4x150m @75%, Plank with Reach 3x30s.	6
Tue	Club Training		7
Wed	Sprint + COD + Lift	Flying 30s x3, Star Drill 3x3, DB Bulgarian Split Squat 3x8, Chin-ups 3x5.	7
Thu	Club Training		6
Sat	Anaerobic + Sprint	6x120m sprints @80%, Cone Agility x4, Bounding 3x8.	7
Sun	Recovery	Yoga-based mobility, walking, journaling.	2

Week 6: Taper + Tournament Focus (2 – 8 June)

Reduce load, sharpen explosiveness and sprint outputs. Prioritize freshness before 9s Tournament.

Forwards

Mon	Priming Strength	Trap Bar Pull 3x3 @60%, Box Jump 3x3, Core Holds 3x30s, Band Pulls 3x15.	5
Tue	Club Training		6
Wed	Power + Movement	Light Power Clean 3x2, Med Ball Throw 3x8, Sprint March 3x20m.	5
Thu	Club Training		4
Sat	9s Tournament	Match Day – Peak intensity. Full warm-up/cool-down enforced.	8
Sun	Full Recovery	Total rest or guided mobility, hydration, nutrition.	1

Backs

Mon	Sprint + Light Strength	Flying 20s x3, Step-up Jumps 3x6, DB Floor Press 3x8, Sprint Ladder Drill.	5
Tue	Club Training		6
Wed	Speed + Agility	Flying 10s x4, Zigzag Drill 3x3, Bounding 3x8, Banded Core Hold.	5
Thu	Club Training		4
Sat	9s Tournament	Match Day – Peak speed and decision sharpness.	8
Sun	Full Recovery	Light mobility, cold water immersion, hydration focus.	1