

## **Strength and Conditioning Testing information**

The testing will occur over the week and it's important to understand that these sessions are not workouts, they are all-out efforts. This is the part where you find out where you really are compared to where you think you are. Do these tests in the order they are displayed below, and you should have a decent day out! To record your scores, you must add your data into the google spreadsheet the coaches will provide during your session each day.

Take your time with the testing, don't rush it like a session or a normal workout, sit down a day before and plan it out, think about how you want to attack it... give yourself the best chance to perform at your best!

A reminder that years 7 and 8 will not participate in the barbell lifting, however they will have the opportunity to participate in level 1 and 2 fitness challenges and all remainder fitness testing

### **Day 1**

Standing Long Jump  
5RM Trap bar  
Max Bodyweight Pull-Ups

### **Day 2**

Sit and reach  
30-second effort on the BikeErg (Max Meters)  
Then, pick One of the following:  
500m Row Erg (for time)  
1 min Ski erg (for distance)  
1.6km Run (for time) in your own time  
8 min treadmill/ Assault Bike (Max Calories)

### **Day 3**

5RM back squat  
5RM bench  
Pick One of the following:  
2km Ski or Row Erg (for time)  
1 min ski erg (for distance)  
1.6km Run (for time) in your own time  
8 min treadmill/ Assault Bike (Max Calories)

Expectations when testing and YouTube tutorials as to how each exercise should be performed on the day can be found below

**Standing Long Jump**

<https://youtu.be/NFZ1uLhreuE>

You will stand behind a line marked on the ground with feet slightly apart. A two-foot takeoff and landing are used, the swinging of the arms and bending of the knees are what provide forward drive. The idea is to jump as far as possible, landing on both feet without falling backward. We will do these 3 times and take the average of the 3 jumps as the final score. The aim is to measure explosive leg power.

**Barbell lifts (bench press, trap bar, back squat)**

Spend the next few weeks correcting your lifts so they will be technically correct on the day and you have a 5 Rep max load in mind. When your form breaks, then that's where you sit. Take note of what gave way, was it grip, trunk, upper back, lower back, etc.

<https://youtu.be/qOEI98sHcLs> How to establish your 3-5 Rep max

<https://youtu.be/A1OIJ-GhhyA> Back squat tutorial

<https://youtu.be/4ebMkFBE-J8> Bench press tutorial

<https://youtu.be/LNcCrKcQUKDM> Trap bar tutorial

**Max Body Weight Pull-Ups**

This one is pretty simple, obey the movement and record the number correctly, if it's a maybe, it's a no. Chin over the bar or chest to the bar, start from a dead hang, and return to the bottom each rep. No bent arms or kipping of any sort. If your knees come up to or past your waist then it's a no rep.

[https://youtu.be/JQg2BKZk5\\_Q](https://youtu.be/JQg2BKZk5_Q) Pull up tutorial

**Cardio and erg machines**

**30-second BikeErg Effort**

This one is for cardio. All out, nothing left in the tank...when 30 seconds is up, feet off the pedals and record your results. Set the BikeErg for 30 seconds (time) and away you go.

500 Row/Ski Erg (for time)

1 min ski erg(for distance)

1.6km Run (for time)

8 min Echo/Assault Bike (max calories)

You get a choice of two of these four. It's a max effort for the distance or time. Record your score.

<https://youtu.be/VDWLE6KIWt0> Ski erg tutorial

### **Other training tips**

[https://youtu.be/XuOg8R3\\_h1w](https://youtu.be/XuOg8R3_h1w) Rugby training tips

<https://youtu.be/KyuI4SqUuYE> Dead lift

<https://youtu.be/zHNfSj7NmB4> How to increase strength in your training