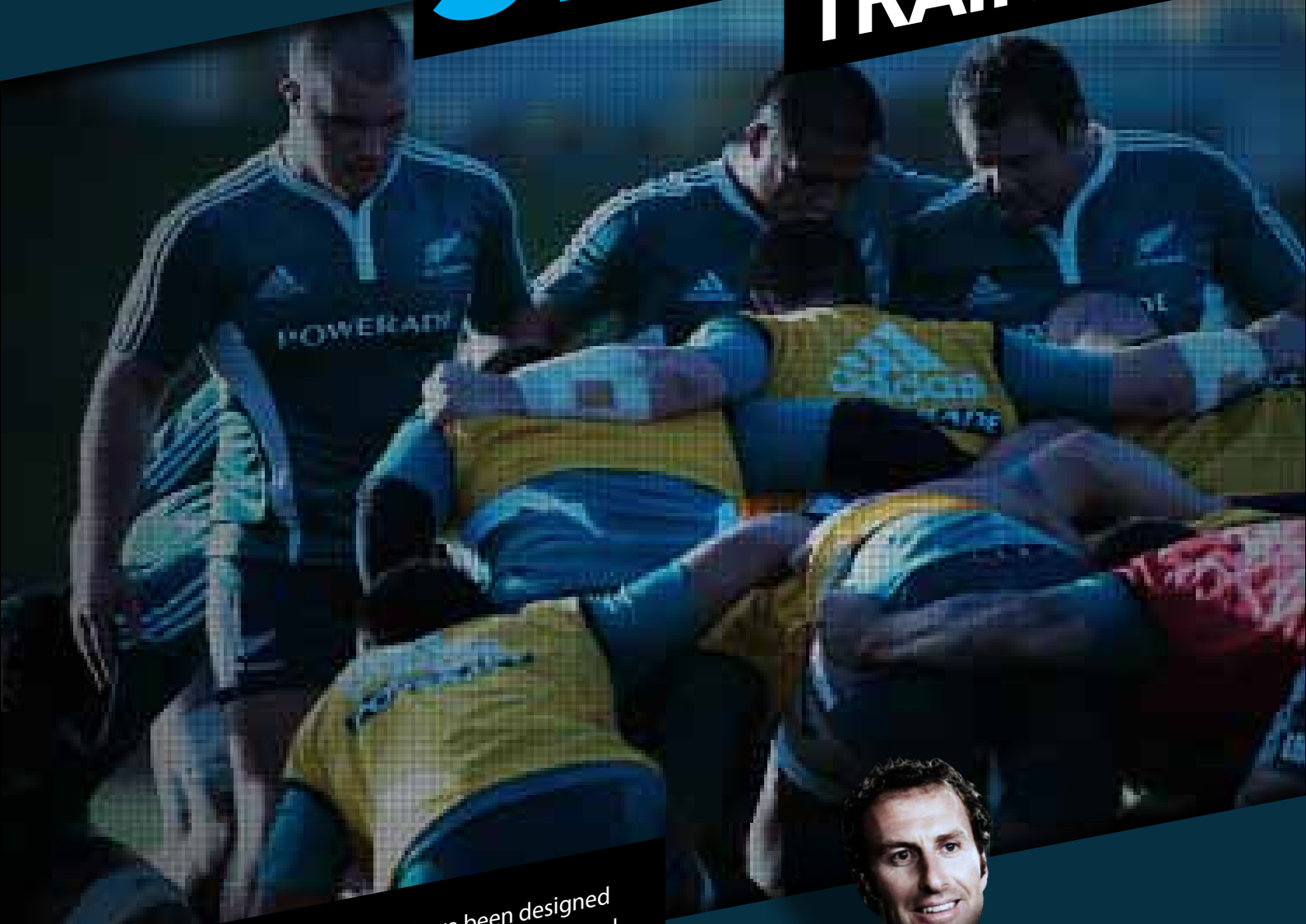


POWERADE® STRENGTH TRAINING



! These training guides have been designed by Dr Nic Gill to provide advice of a general nature and an indication of the types of training exercise he recommends for the All Blacks. The All Blacks are professional sportsmen who train regularly at a level of high intensity. You should only use these guides under the advice and supervision of a qualified fitness professional or coach. Before you begin any training using this general advice, you should consult a registered medical practitioner. Both Coca-Cola and the NZRU exclude all liability for any loss, damage or claim arising from any use of the information in this document, check www.powerade.co.nz for details.



TRAIN LIKE AN
ALL BLACK
WITH DR. NIC GILL ALL BLACK'S STRENGTH
& CONDITIONING COACH



ALL BLACKS®

GENERAL TRAINING TIPS

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If you are trying some of these sessions for the first time you need to take it easy.

At least until you and your body are familiar with the exercise and stress involved. If you are making some changes to your current programme cross over slowly. If you change abruptly or attempt to complete a novel session at a high intensity you will be very likely to get injured.



On a day you are not training you should still treat this as a very important part of your programme.

Stretch and be active to ensure you adapt from the previous days training and prepare for the following days session(s).



The example programmes are essentially a 5 day cycle. This means the weekends are free from training. However the key here is to get out of the routine of running to a stop watch or lifting weights strictly to a programme. The weekend should be kept for you to do some form of **"active fun/competition"**. Whether that be a game of squash, tennis or indoor cricket. It could be a ride/walk in the bush or around the local park/domain.



Your body is like a sports car. So if you put good quality fuel in you get good performance / adaptation. If you don't you will function like a "rust-heap"!



The point of constantly snacking/eating is to keep your metabolism high and blood sugar levels stable. If you have large periods of time without snacking (5-6 hours) you will feel sluggish and be more likely to over eat at your next meal.



If you want to improve body composition (e.g. lose some fat) then you need to make sure your portions are smaller than you think you need. Avoid 3 large meals a day and organise yourself so you are having 3 small-moderate meals and 3 snacks a day. Seek the advice of a dietitian for more information.



You must always have breakfast to ensure you get off on the front foot. Sleep is important to recovery from the previous day but breakfast is just as important ensure you get the best out of the present day.



Hydration is important. Sweat essentially comes from your plasma/blood so if you sweat you have to put it back. Make sure you are drinking some water and/or **POWERADE** during TOUGH workouts.



Note that POWERADE Isotonic contains carbohydrates and electrolytes in addition to fluid, which can help to replace what has been lost through sweat and burned through exercise. You and your coach should consider the additional ingredients in **POWERADE** Isotonic in the context of your total food consumption and your individual exercise and sporting needs.

MONDAY/THURSDAY /
DAY 01/03

START THE DAY WITH
500ML OF WATER



**POWERADE®
STRENGTH
TRAINING**

TRAIN



SPRINT SESSION

SEE NEXT PAGE FOR TRAINING OPTIONS

→ REQUIRES ACCESS TO A GYM, FIELD OR PARK

HOW DO YOU

MEASURE UP AGAINST AN ALL BLACK?

45MIN SPRINTS

- 10m in 1.5-1.7s
- 20m in 2.8s
- 30m in 3.9s



FUEL UP

BREAKFAST

|| LOW SUGAR || HIGH FIBRE
|| COMPLEX CARBS || PROTEIN
[eg. poached eggs on wholegrain
toast and bowl of muesli and fruit]

MORNING TEA

PROTEIN SHAKE (Pure Muscle
Isolate) OR PIECE OF FRUIT
WITH 500ML OF WATER

LUNCH

SALAD SANDWICH ON WHOLEGRAIN
BREAD WITH PROTEIN SOURCE
[eg. salmon, ham, chicken]

HIT THE GYM



LOWER BODY STRENGTH SESSION

SEE NEXT PAGE FOR GYM OPTIONS

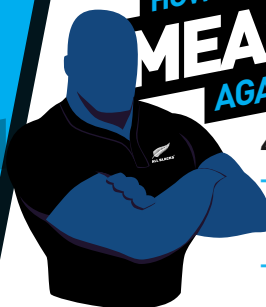
→ REQUIRES ACCESS TO A GYM

HOW DO YOU

MEASURE UP AGAINST AN ALL BLACK?

45MIN SESSION

- Gym Squat (180kg x 3)
- DeadLift (180kg x 2)
- Calf Raise Single Leg (BWx 25)



FUEL UP

SNACK

PROTEIN SHAKE (Pure Muscle
Isolate) OR PIECE OF FRUIT
WITH 500ML OF WATER

DINNER

EQUAL PORTIONS OF SALAD/VEGES,
CARBOHYDRATE [rice, pasta, potato],
& PROTEIN [chicken, beef, lamb]

SNACK

PROTEIN SHAKE (Pure Muscle
Isolate) WITH 200ML OF WATER

TIPS & NOTES

- Training can be before or after breakfast based on your own schedule and likewise the gym sessions can be completed sometime in the afternoon or evening so long as you ensure to hydrate and fuel before, during and after.
- During the Aerobic & Gym Sessions ensure you are consuming sufficient fluid. Ideally a Carbohydrate source such as **POWERADE** throughout any tough session.
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→ SPRINT TRAINING OPTIONS

01 ACCELERATION AND TOP SPEED

30-40min. Complete 5 repetitions of 10m sprints, 5 repetitions of 20m, 5 repetitions of 30m and 5 repetitions of 40m. Walk back to the start between each sprint to recover. Have a short break after each set of 5 sprints (2 minutes).

02 HILL SPRINTS AND STAIR SPRINTS

Find a set of stairs or a hill that is not too steep. Run repeated sprints up the hill or stairs (40-50m). Walk back down to recover between each sprint. Aim for 3-4 sets of 5 sprints. Rest for 3-4 minutes between each set of 5 sprints. These should be completed with maximal effort.

03 ACCELERATION SPRINTS

Mark out a 100 metre rugby field in 5x20m segments. Jog the first 20m. Stride the next 20m, then sprint for the third 20m. Hold that pace for the next 20m, then cruise down to a walk over final 20m. Do not stop suddenly. Jog or walk back to the start. Repeat 10 times. Rest for 5 minutes then complete 6 repetitions of 40m at 90-95% effort with a 50m walk recovery. Start these every 120 seconds or when recovered enough to run FAST.

WARM UP BEFORE EVERY SESSION

Before you sprint you need to ensure the body is primed to do so. Have a thorough warm up and remind the body of some of the important aspects of running fast. As part of your warm up you should include some high knee marching (walk pace and progress to fast high knees) over 10-15m distances. Do some straight legged acceleration into a stride out to activate hamstring / gluts.

Complete some skipping where you are attempting to skip for distance and also for height. These drills will help you avoid injury. All speed work should be completed while fresh so your rest periods should be long enough that you feel recovered from the previous effort and ready to run fast.

Warm up for 8-10min for easy/mod intensity sessions and 12-15min for high intensity sessions.

→ LOWER BODY STRENGTH GYM OPTIONS

Select 1 EXERCISE OPTION from each of the 4 columns and the appropriate WORKOUT LEVEL below.

→ FULL BARBELL BACK SQUAT

→ BARBELL FRONT SQUAT

→ SMITH MACHINE BACK SQUAT

→ BARBELL DEADLIFT

→ LEG PRESS

→ BARBELL STATIC LUNGE

→ DUMBBELL WALK LUNGE

→ BARBELL STEP UP

→ ROMANIAN DEADLIFT

→ GOOD MORNING

→ BACK EXTENSION

CHOOSE 2 FROM BELOW

→ STRAIGHT LEG EXTENSION

→ LEG CURL

→ STANDING CALF RAISE

→ SEATED CALF RAISE

→ SWISS BALL WALL SQUAT

→ BOX JUMPS

→ DOUBLE LEG HOP

→ GYM WORKOUT LEVEL

01 UNTRAINED

Repetitions: 10, 10, 10, 10
Rest between sets: 90 - 120 sec.

02 ACTIVE

Repetitions: 8, 8, 6, 6
Rest between sets: 90 - 120 sec.

03 TRAINED

Repetitions: 6, 6, 5, 4
Rest between sets: 120 - 180 sec.

WARM UP BEFORE EVERY SESSION

Perform a warm-up movement similar to the exercise pattern prior to each new exercise. Then complete a light set before you start loading. Between each exercise complete 20-50 repetitions of a core exercise of your choice.

Warm up for 8-10min for easy/mod intensity sessions and 12-15min for high intensity sessions.

TUESDAY/FRIDAY
DAY 02/04

**START THE DAY WITH
500ML OF WATER**



**POWERADE®
STRENGTH
TRAINING**

TRAIN



FLEXIBILITY & STRETCHING

SEE NEXT PAGE FOR TRAINING OPTIONS

→ REQUIRES ACCESS TO A GYM, FIELD OR PARK

HOW DO YOU MEASURE UP AGAINST AN ALL BLACK?



45MIN SESSION

- 5min Prone Bridge
- 300 reps of core variations

FUEL UP

BREAKFAST

**|| LOW SUGAR || HIGH FIBRE
|| COMPLEX CARBS || PROTEIN**
[eg. poached eggs on wholegrain toast and bowl of muesli and fruit]

MORNING TEA

**PROTEIN SHAKE (Pure Muscle Isolate) OR PIECE OF FRUIT
WITH 500ML OF WATER**

LUNCH

SALAD SANDWICH ON WHOLEGRAIN BREAD WITH PROTEIN SOURCE
[eg. salmon, ham, chicken]

HIT THE GYM



UPPER BODY STRENGTH SESSION

SEE NEXT PAGE FOR GYM OPTIONS

→ REQUIRES ACCESS TO A GYM

HOW DO YOU MEASURE UP AGAINST AN ALL BLACK?



45MIN SESSION

- Bench Press 140 x 3
- Chin Up (BW + 35kg) x 3
- DB Snatch 50kg

FUEL UP

SNACK

**PROTEIN SHAKE (Pure Muscle Isolate) OR PIECE OF FRUIT
WITH 500ML OF WATER**

DINNER

**EQUAL PORTIONS OF SALAD/VEGES,
CARBOHYDRATE [rice, pasta, potato],
& PROTEIN [chicken, beef, lamb]**

SNACK

PROTEIN SHAKE (Pure Muscle Isolate) WITH 200ML OF WATER

TIPS & NOTES

- Training can be before or after breakfast based on your own schedule and likewise the gym sessions can be completed sometime in the afternoon or evening so long as you ensure to hydrate and fuel before, during and after.
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→ **FLEXIBILITY & STRETCHING** TRAINING

Your body is a dynamic organism that is constantly changing. If you are exercising often you will feel changes happening throughout your body as your training progresses. A common feeling is specific areas of tightness or even soreness. To ensure the training you are doing is going to keep being of benefit and to ensure you don't develop an injury it is vital you regularly stretch (but not just these tight areas!). Muscles and tendons have the ability to lengthen as they are stretched so to keep your current range of motion or to increase your ability to move a limb freely, you need to work on your flexibility.

Stretching typically refers to the process of lengthening muscle and associated tissues. There are a number of different methods or exercises than can be completed to improve or maintain a normal range of motion.

The purpose of this programme will describe the two simplest and safest methods.

01 **DYNAMIC STRETCHING**

This involves actively moving the limb through its full range of motion in a controlled manner at a moderate speed. This form of stretching is ideal to do prior to training to get the body use to moving through the muscle ranges required in the upcoming session. It is important to hold a strong and neutral posture when completing these movements.

02 **STATIC STRETCHING**

This involves putting the limb/joint/muscle into a position of "stretch" but in a slow, deliberate and controlled fashion. Once this position (near maximal range of motion) is reached with no pain it should be held for a minimum of 30 seconds. Ideally you would repeat the process 2 to 3 times. This form of stretching can be done before training but is ideal as part of your warm down and recovery after training. It is also good to do as a static stretching session on its own. You will be amazed at how good you feel after going through this stretching process.

→ **UPPER BODY STRENGTH** GYM OPTIONS

Select **1 EXERCISE OPTION** from each of the 4 columns and the appropriate **WORKOUT LEVEL** below.

→ **BARBELL BENCH PRESS**

→ **FLAT DUMBBELL PRESS**

→ **BARBELL FLOOR PRESS**

→ **SEATED CABLE ROW**

→ **1ARM DUMBBELL ROW**

→ **BARBELL BENT-OVER ROW**

→ **BARBELL MILITARY PRESS**

→ **SEATED DUMBBELL PRESS**

→ **INCLINE DUMBBELL PRESS**

→ **REVERSE GRIP CHIN UP**

→ **WIDE GRIP LAT PULLDOWN**

→ **1 ARM HIGH CABLE PULLDOWN**

→ **GYM WORKOUT LEVEL**

01 **UNTRAINED**

Repetitions: 10, 10, 10, 10
Rest between sets: 90 - 120 sec.

02 **ACTIVE**

Repetitions: 8, 8, 6, 6
Rest between sets: 90 - 120 sec.

03 **TRAINED**

Repetitions: 6, 6, 5, 4
Rest between sets: 120 - 180 sec.

WARM UP BEFORE EVERY SESSION

Perform a warm-up movement similar to the exercise pattern prior to each new exercise. Then complete a light set before you start loading. Between each exercise complete 50 repetitions of a core exercise of your choice.

Warm up for 8-10min for easy/mod intensity sessions and 12-15min for high intensity sessions.