

Hey ChatGPT: set up a rugby trainingsplan to develop the speed, agility and quickness of my wingers please.

Here's a rugby training plan specifically designed to improve the speed, agility, and quickness (SAQ) of your wingers. The plan includes drills that enhance acceleration, footwork, reaction time, and multidirectional movement.

Weekly SAQ Training Plan for Rugby Wingers (4-6 Weeks)

Frequency: 2-3 sessions per week (45-60 min per session)

Focus Areas: Acceleration, agility, lateral movement, reaction speed

Warm-Up (10-15 min)

- 1. Dynamic Stretching** – Leg swings, hip circles, high knees
- 2. Ladder Drills** – (3 rounds, 30s each)
 - Two feet in each box
 - Ickey shuffle
 - Lateral quick steps
- 3. Acceleration Runs** – 3x10m, 3x20m at 80% intensity

Main Drills (30-40 min)

Speed Development (Acceleration & Sprinting Mechanics)

- 1. Sprint Resisted Sled Pulls (3x20m, 80% effort)**
 - Builds explosive acceleration
- 2. Flying Sprints (3x30m)**
 - Start at 50% pace, explode to full speed
- 3. Contrast Sprinting (4x20m)**
 - Resistance (band/towed weight) followed by unresisted sprint

Agility Drills (Change of Direction & Evasion Skills)

- 1. T-Drill (4 sets, 100% effort, 45s rest)**
 - Sprint forward, lateral shuffle, backpedal
- 2. 5-10-5 Pro Agility (4 reps each side)**
 - Rapid direction changes, used in rugby sidesteps
- 3. Cone Reaction Drill (5 reps)**
 - Coach calls direction, winger reacts and sprints

Quickness Drills (Reaction Time & Foot Speed)

- 1. Mirror Drill (5 reps, 20s each)**
 - Partner-based shadow movement
- 2. Tennis Ball Drop Reaction (5 reps per side)**
 - Player reacts and catches a dropped ball after sprinting forward
- 3. Reactive Swerve Drill (4 reps each side)**
 - Player sprints, reacts to a stimulus (coach call or visual cue), and cuts

Cooldown (5-10 min)

- Light jogging
- Static stretching (hamstrings, quads, calves)
- Mobility drills

Would you like me to adjust it based on specific goals, fitness levels, or available equipment?