



OURC Warm up Guidelines

Pre-training

1 General (10-15 minutes at RPE = 2-6/10⁺)

Run drills: e.g. hi knees, back wards, lateral) x2-3 each (RPE to 4/10⁺)

Mobility: e.g. walk calves/achilles, Romanian walks, scorpions...

2 Specific (10-15 minutes at RPE = 2-6/10⁺)

Utility ('up-side-back-side', 5 x 5 m square): 30-60 sec each direction x 1-2 (RPE to 6/10⁺)

Mobility: e.g. Large and small hurdle walks

Build-ups: 2x 50-m (RPE to 8/10⁺)

Mobility: e.g. Bentover rotations, chest swings from crouch...

Game and/or ball drill (watch intensity!) +/- or power patterns: e.g. Aussi Rules

Build-ups/sprints: 2x 30-m (RPE to 10/10⁺)

Mobility: As individuals desire

Key: Progress intensity (RPE) and move from general to more rugby specific patterns



Key:

RPE (Rate of perceived exertion)

Nothing	Very easy	Easy		Moderate		Hard	Very Hard		Maximal		Max ⁺
0	1	2	3	4	5	6	7	8	9	10	10 ⁺