

England Rugby Fitness Test

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Speed and endurance, of course, is just one aspect of a sevens player's fitness program. After the yo-yo test comes carrying and wrestling exercises. These can be done with weights, but the England...

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Acceleration, speed and endurance are essential weapons in any sportsman's arsenal and the England rugby anaerobic fitness test pushes each of these to the limit. MF's Sam Rider met England's...

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Test 1 - aerobic fitness Although rugby is primarily a start-stop anaerobic sport, the higher your aerobic fitness, the faster you will recover from bouts of high-intensity activity and the more "gas" you'll have as the game goes on.

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Fitness testing with England Rugby - YouTube Test 1 - aerobic fitness Although rugby is primarily a start-stop anaerobic sport, the higher your aerobic fitness, the faster you will recover from bouts of high-intensity activity and the more "gas" you'll have as the game goes

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WAT Test. The WAT Test or the Welsh Anaerobic Test was developed by the WRU to test the fitness of it's international players. It's a good choice of test as it includes change of direction and getting off the floor which make it a bit more rugby specific than other tests. It also includes rest periods to better mimic the demands of rugby. You need cones at 0m, 2m, 5m and 15m.

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You can test just the repeat sprint ability with tests such as Running Based Anaerobic Sprint Test (RAST). Rugby players are required to continually produce short bursts of high intensity work interspersed with lower intensity activity. Body Fat: Body fat can be measured using the skinfold method.

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Rugby Fitness testing with england rugby England's Strength and Conditioning Team have been running the England Rugby Fitness Test for ten years and as England Senior National Fitness Coach Calvin Morriss explains it can be used right.

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Fitness standards for Rugby. Followers of rugby union will recognise the varied type of physical performance qualities required for the game, including the ability to accelerate or sprint at maximal pace for short periods (e.g. three seconds), maintain a fast striding pace for the duration of the average move (e.g. eight seconds), recover during differing rest periods to repeat these types of exercises, jump, change speed and direction, use upper body muscles, and so on.

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