



ST EDMUND'S COLLEGE

CANBERRA · EST 1954

How to stay fit

Fitness training

1. 22m and back
 - Aim to finish in 15 seconds
 - Go every 30 seconds
 - 12 repetitions
 - 3 sets
2. 40m
 - Aim to finish in 10 seconds
 - Go every 20 seconds
 - 8 repetitions
 - 3 sets
3. Circuit – 4 sets – 10 repetitions each exercise
 - Burpees
 - Lunges (each leg)
 - Push ups
 - Squats
 - Sit ups

Rugby skills

1. Passing
 - Pick a target (goal post, wall etc..) and practice from various distanced
 - Pass both ways
 - 1st pass is stationary
 - 2nd is walking – focus passing off both inside foot and outside foot
 - 3rd jogging
 - 4th at full pace past the target

When passing try to push ball across the body rather than swinging to make the distance. Extend arms and hands towards target.

2. Kicking

- Kicking golf
- Pick targets that you need to hit and count how many kicks it takes you to complete the course
- Use a variety of kicks e.g. starts with a punt to get closer to the target and then use a chip or grubber to hit the target

Remember to kick straight not around the corner and follow through with foot and toe pointing in direction of target.

Send us some videos of your best attempts! Stay connected and watch this space for more.