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.
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

SPRINT SESSION
SEE NEXT PAGE FOR TRAINING OPTIONS

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

TRAIN

> REQUIRES ACCESS TO A GYM, FIELD OR PARK

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

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)

> REQUIRES ACCESS TO A GYM

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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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 8-10 minutes for easy/mod intensity sessions and 12-15 minutes for high intensity sessions.

GO STRONGER FOR LONGER

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**TUESDAY/FRIDAY**

**DAY 02/04**

START THE DAY WITH 500ML OF WATER

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### FLEXIBILITY & STRETCHING

SEE NEXT PAGE FOR TRAINING OPTIONS

- **HOW DO YOU MEASURE UP AGAINST AN ALL BLACK?**
  - 45MIN SESSION
    - 5min Prone Bridge
    - 300 reps of core variations

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### BREAKFAST

**FUEL UP**

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

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### MORNING TEA

**FUEL UP**

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

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### LUNCH

**FUEL UP**

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

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### UPPER BODY STRENGTH SESSION

SEE NEXT PAGE FOR GYM OPTIONS

- **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

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### SNACK

**FUEL UP**

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

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### DINNER

**FUEL UP**

- EQUAL PORTIONS OF SALAD/VEGES, CARBOHYDRATE (rice, pasta, potato), & PROTEIN (chicken, beef, lamb)

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### SNACK

**FUEL UP**

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

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### 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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**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.

1. **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.

2. **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.

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**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 MILITARY PRESS**
- **SEATED DUMBBELL PRESS**
- **INCLINE DUMBBELL PRESS**
- **REVERSE GRIP CHIN UP**
- **WIDE GRIP LAT PULLDOWN**
- **1 ARM HIGH CABLE PULLDOWN**

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**GYM WORKOUT LEVEL**

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

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

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

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**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.