A photograph of several rugby players in a scrum on a grass field. The players are wearing dark jerseys with red accents and are huddled together, pushing against each other. The text is overlaid in the center of the image.

**Плиометрическая
тренировка в
подготовке регбиста**

Интенсивность плиометрических упражнений

| Уровень интенсивности | Упражнения | Отдых между походами |
|-----------------------|------------------------------|----------------------|
| Очень высокий | Shock tension, спрыгивания | +8 мин |
| Высокий | Depth jumps +32inches (80cm) | +5 мин |
| Средний | Bounding exercises | 3-5 мин |
| Ниже среднего | Low reactive jumps | 3-5 мин |
| Низкий | Low impact jumps and throws | 2-3 мин |



Plyometric Volume Per Session

Experience

Ground Contacts

Beginner

80 - 100

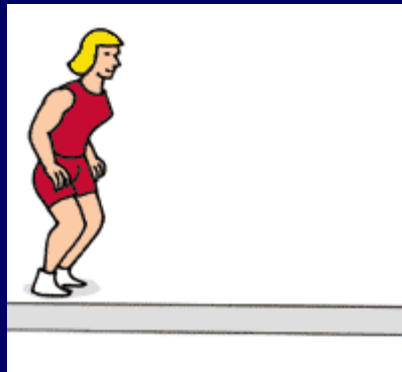
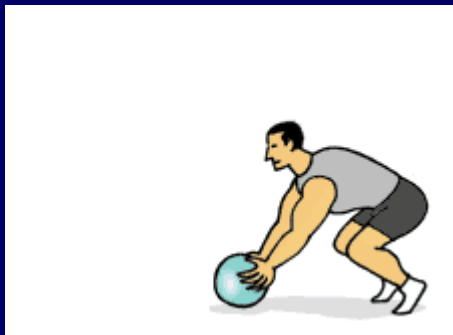
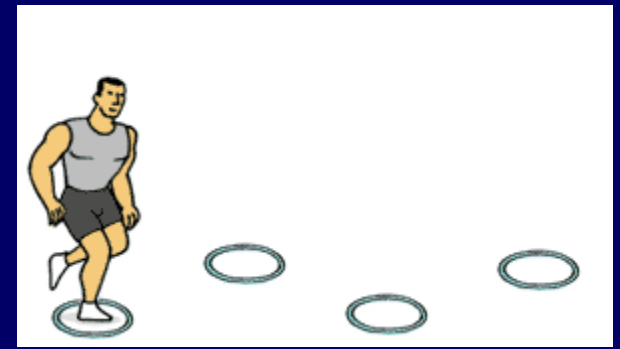
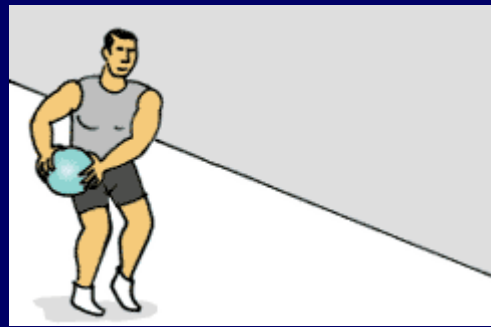
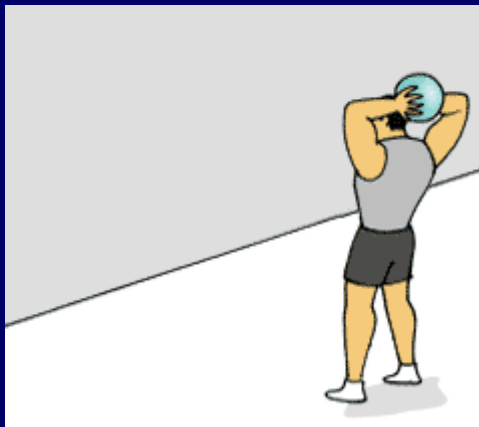
Intermediate

100 - 120

Advanced

120 - 140





| Intergrating Plyometrics with Concurrent Strength Training | | |
|------------------------------------------------------------|-----------------------------|-----------------------------|
| Day | Strength Session | Plyometric Session |
| Mon | Upper body (high intensity) | Lower body (low intensity) |
| Tue | Lower body (low intensity) | Upper body (high intensity) |
| Wed | Rest | Rest |
| Thu | Upper body (low intensity) | Lower body (high intensity) |
| Fri | Lower body (high intensity) | Upper body (low intensity) |

Прыжки в глубину



Sample Plyometric Session for a Rugby Player

| | |
|---------------------------------|--------|
| Depth jumps | 5 x 8 |
| Side throws (medicine ball) | 5 x 10 |
| Zigzag hops | 5 x 10 |
| Overhead throws (medicine ball) | 5 x 10 |



Плиометрическая тренировка с Verty Max







