

# Spark Intent

Week 11

## First Impressions



# For SRU Academy players...

This is nothing more than a programme of ideas.

It is an example structure to enjoy at your own free-will.

There will be no coach-lead monitoring.

There will be no coach-judgement or 'work-to-do'.

Recording scores/RPE or sending selfies and pictures is 100% your own choice.



macron



macron



macron



**NOT LONG TO GO**

# An example structure\*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga & Cossack	Yoga	Yoga	Yoga	Yoga & Cossack	2x 2km
Strength	Strength & Scrum club	SCONES	Strength	Strength & Scrum club	Sport time
Speed & Totally Random	Power & ODDS-EVENS	Walk/ hike	Speed & MOTHERBUCKER	Power & 4 Rounds OF SIN	
Skills/ Challenge	Skills/ Challenge		Skills/ Challenge	Skills/ Challenge	
Sport time					

\*Using or following this structure is at your own free will 😊

# SCONES!!

---

## 'Secret' Scottish Recipe

---



**SILKY**

**SKILLS**

**CHALLENGE**

## 2. Juggle (3 objects/balls) Challenge

### Juggle Challenge Rules:

- 3 objects/balls of any size and shape can be used.
- You must Juggle for a minimum of 15sec to complete task
- Juggle must be filmed to verify success
- Useful tips:  
[https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=13&ved=2ahUKEwjxoL\\_Ps-](https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=13&ved=2ahUKEwjxoL_Ps-)



**The Juggler**

---

# Yoga

---



Do Yoga With me  
Daily release

---

# Cossack Squat

---



Click rhino  
for video



---

**SCRUM** INSPIRATION

---



# SPORT TIME

THE HARDEST ISOLATION TRAINING IS THE 'COMPETITIVE LOAD'...

Dodging – Duck – Dive – Twisting – Turning –  
Reacting – Stepping – Evading



Scroll down for ideas!

---

# SPORT TIME

---

- Tennis or even a bit of garden tennis/ badminton
- Street Handball yo ([click here for example](#))
- Basketball 1v1, 2v2 etc
- Football 1v1 or Football Wall-ball
- Touch rugby
- Wrestling
- Tag
- Dodgeball
- Chase a farm animal (Drumond/ Hiddleston)

**MONDAY**

**What?**

**How?**

**Recording option**

**Yoga or Calisthenics**

[Yoga here](#)  
[Calisthenics here](#)

**Strength**

Home gym or open space

**Speed & 'Totally Random'**

Park session, 30m space

[OPTIONAL Track your time here](#)

**Sport Time**

See Page 9-10

45-90 mins

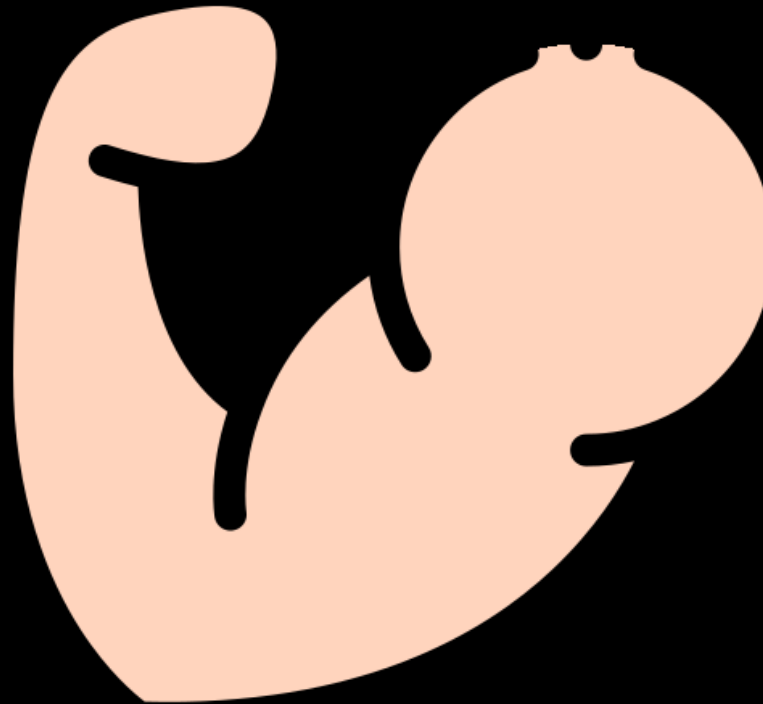
**MONDAY**

**PHYSICAL**

**GAINS**



1. Muscle mass & chain mail (Home-gym or Open Space)
2. Savage **Speed**, into...
3. 'Totally Random' **CONDITIONING**



**TUESDAY**

**What?**

**How?**

**Yoga or  
Calisthenics**

[Yoga here](#)  
[Calisthenics here](#)

**Strength &  
Scrum club**

Home gym  
or open space

**Power & ODDS-EVENS**

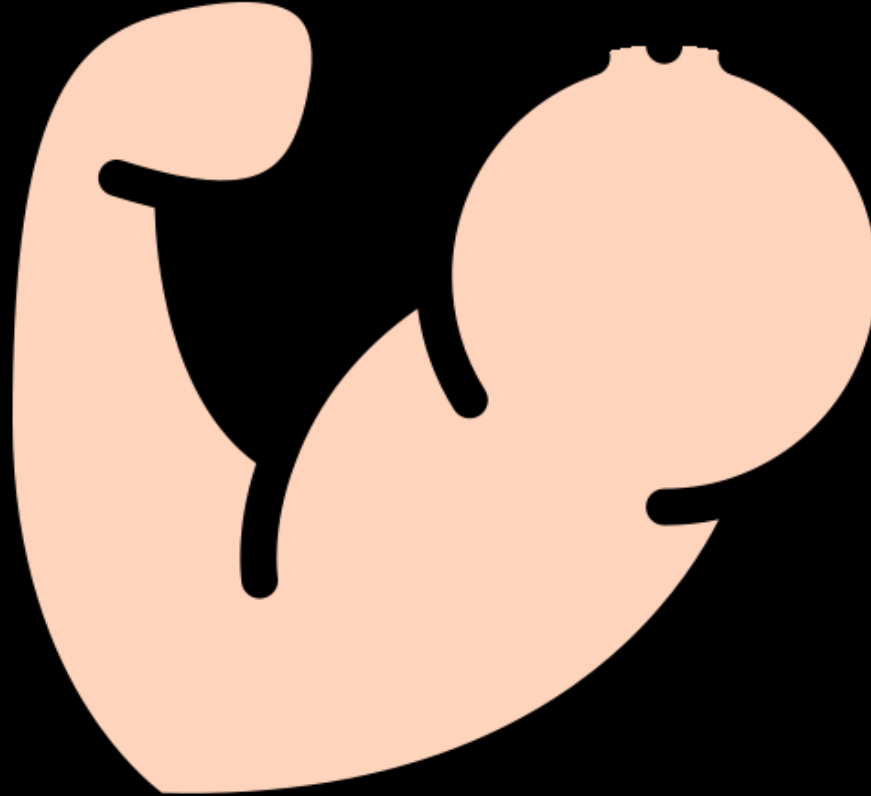
Next page

**TUESDAY**

**PHYSICAL**

**GAINS**

1. Muscle mass & chain mail (Home-gym or Open Space)
2. Savage **Power**, into...
3. ODDS-EVENS conditioning



**WEDNESDAY**

**What?**

**How?**

**Yoga or  
Calisthenics**

[Yoga here](#)  
[Calisthenics here](#)

**Head for a walk?**

**Scones?**

See page 4

**THURSDAY**

**What?**

**How?**

**Accountability**

**Yoga or  
Calisthenics**

Yoga here  
Calisthenics here

**Strength &  
Scrum Club**

Home gym or  
open space

**Speed &  
MOTHERBUCKER**

Next page

OPTIONAL  
Track your time here



**THURSDAY**

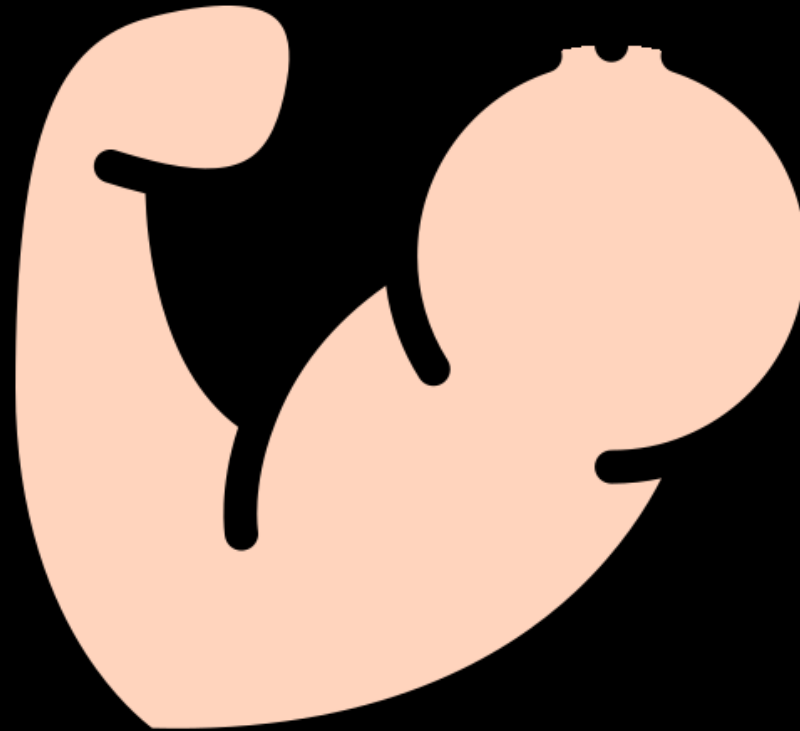
**PHYSICAL**

**GAINS**

1. Muscle mass & chain mail (Home-gym or Open Space)
2. Savage **Speed**, into...
3. MOTHER BUCKER

TRACK YOUR...

**MOTHER BUCKER**



**FRIDAY**

**What?**

**How?**

**Yoga or Calisthenics**

[Yoga here](#)  
[Calisthenics here](#)

**Strength**

**Power & 4 Rounds of SIN**

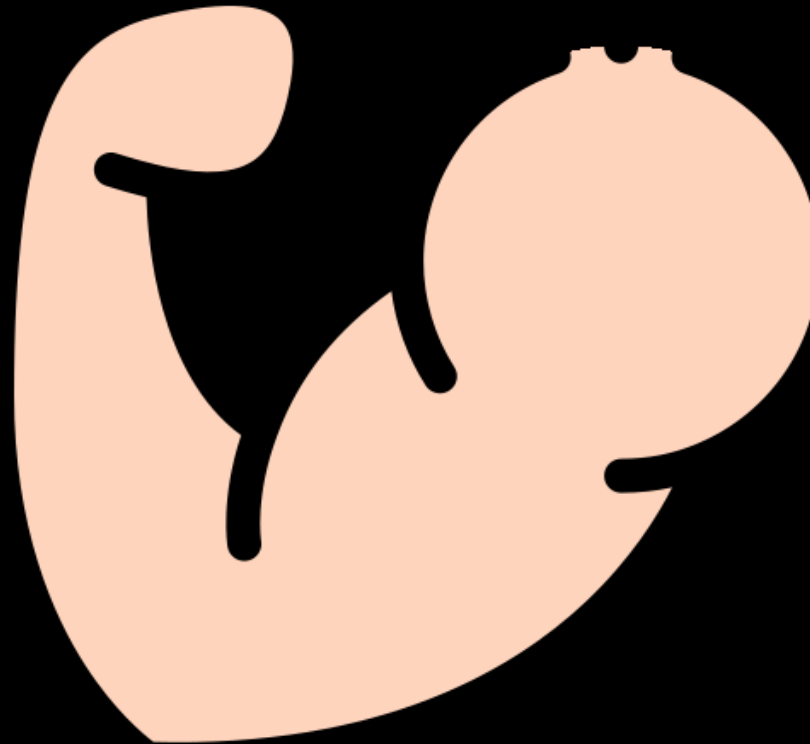
**FRIDAY**

**PHYSICAL**

**GAINS**



1. Muscle mass & chain mail (Home-gym or Open Space)
2. Savage **Power**
3. 4 Rounds of SIN



**SATURDAY**

**What?**

**How?**

**2x2 km**

Jog, take it easy. Find a nice route.

**Sport Time**

See Page 9-10

45-90 mins