



**Rugby
Nederland**

Respect | Discipline | Kameraadschap

COVID-19 - PERIODISATION



SAFETY MEASURES

1. Keep 1.5 m distance
2. No more than 80% of max heart beat (scientific researches on COVID-19 have reported **arterial thrombosis and arrhythmias**) – clearance from Doctor strongly advised
3. No more than 60 minutes of training (same finding, fatigue increase chances to trigger heart problems)
- 4. Increase step by step**
- 5. DO NOT PERFORM FITNESS TEST / GYM TEST**

PERIODISATION - OPTIE A

1. **Restart of competition** – no official date but contact training from September = 20 weeks to prepare
2. **Focus** – individual skills and progressive load
3. **Holidays** - Keep a break during summer time to allow regeneration
4. **Plan your peaking moment** – do not plan for the first game of the season / instead prepare for the first block of games

		Optie A
		<i>3 x 5 weeks training block</i>
Week 19	04/05/2020	Back to training
Week 20	11/05/2020	Focus on individual skills & fun activities
Week 21	18/05/2020	-
Week 22	25/05/2020	-
Week 23	01/06/2020	-
Week 24	08/06/2020	-
Week 25	15/06/2020	Skills & social activities / holidays
Week 26	22/06/2020	-
Week 27	29/06/2020	-
Week 28	06/07/2020	-
Week 29	13/07/2020	Rest - No training or off field social
Week 30	20/07/2020	
Week 31	27/07/2020	Start testing / team & individual skills / intro contact
Week 32	03/08/2020	-
Week 33	10/08/2020	reinforce contact skills & team structure
Week 34	17/08/2020	-
Week 35	24/08/2020	Deload week / focus contact skills & team patterns
Week 36	31/08/2020	Friendly games - use it as fitness test / observation
Week 37	07/09/2020	Reinforce fitness / team structure & game plan

PERIODISATION - OPTIE B

1. **Restart of competition** – no official date but contact training from September = 20 weeks to prepare
2. **Focus** – individual skills and progressive load
3. **Holidays** - Keep a break during summer time to allow regeneration
4. **Plan your peaking moment** – do not plan for the first game of the season / instead prepare for the first block of games

		Optie A
		<i>3 x 5 weeks training block</i>
Week 19	04/05/2020	Back to training
Week 20	11/05/2020	Focus skills & fun activities
Week 21	18/05/2020	-
Week 22	25/05/2020	-
Week 23	01/06/2020	-
Week 24	08/06/2020	-
Week 25	15/06/2020	Skills & social activities / holidays
Week 26	22/06/2020	-
Week 27	29/06/2020	-
Week 28	06/07/2020	-
Week 29	13/07/2020	Rest - No training or off field social
Week 30	20/07/2020	
Week 31	27/07/2020	Start testing / team & individual skills / intro contact
Week 32	03/08/2020	-
Week 33	10/08/2020	reinforce contact skills & team structure
Week 34	17/08/2020	-
Week 35	24/08/2020	Deload week / focus contact skills & team patterns
Week 36	31/08/2020	Friendly games - use it as fitness test / observation
Week 37	07/09/2020	Reinforce fitness / team structure & game plan

PERIODISATION - OPTIE C

1. **Restart of competition** – no official date but contact training from September = 20 weeks to prepare
2. **Focus** – individual skills and progressive load
3. **Holidays** - Keep a break during summer time to allow regeneration
4. **Plan your peaking moment** – do not plan for the first game of the season / instead prepare for the first block of games

		Optie C
		<i>5 x 3 weeks training block</i>
Week 19	04/05/2020	Social & fun
Week 20	11/05/2020	
Week 21	18/05/2020	
Week 22	25/05/2020	Individual skills & position specific
Week 23	01/06/2020	
Week 24	08/06/2020	
Week 25	15/06/2020	Progression individual skills & start fitness
Week 26	22/06/2020	
Week 27	29/06/2020	
Week 28	06/07/2020	Rest - No training or off field social
Week 29	13/07/2020	Rest - No training or off field social
Week 30	20/07/2020	Fitness testing / contact skills & positional skills
Week 31	27/07/2020	-
Week 32	03/08/2020	reinforce contact & team structure
Week 33	10/08/2020	-
Week 34	17/08/2020	Friendly games - use it as fitness test / observation
Week 35	24/08/2020	Deload week / focus contact skills
Week 36	31/08/2020	Friendly games - use it as fitness test / observation
Week 37	07/09/2020	Reinforce fitness / team structure & game plan