

Bigger, Stronger, Faster – Strength, Conditioning and Injury Prevention for Rugby League and Rugby Union (2.5 hours)

In this presentation Ashley will outline the keys to strength and conditioning for Rugby League and Rugby Union. Ashley expands on injury prevention, warm-up and fitness drills, training games and protocols and strength training programming for senior and junior footballers. This session is a must for anyone involved in the playing, conditioning or coaching of the Rugby codes.

Presented by : Ashley Jones M.Sc

Ashley is one of Australia's leading sports conditioners and strength training specialists. He has been the head conditioning specialist for the Newcastle Knights, Parramatta Eels, Canterbury Crusaders and more recently, the New Zealand All Blacks. He is a much sought after presenter in sports conditioning and is well known for his training innovations and protocols.

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- 5/ Knee Injury Prevention and Rehabilitation (2 hours)
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- 8/ Potentially Dangerous and Ineffective Exercises (2 hours)
- 9/ Rehabilitation, Core Stability, Personal Training Using the Swiss Ball (1.5 hours)
- 10/ Advanced Resistance Training (3 hours)
- 11/ Bigger, Stronger, Faster – Strength and Conditioning for Rugby league and Rugby Union (2.5 hours with Ashley Jones M.Sc.)

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