

Fitness

The Warm-Up

The warm-up is an integral part of the training process, which aims to prepare the athlete both physiologically and psychologically for an event (playing/training) and in doing so, may reduce the chance of injury.

The Cool-Down

After exercise players should perform at a low intensity followed by specific stretching exercises. This helps the metabolism return to resting levels and in association with appropriate fluid intake and nutrition, a cool-down should help promote recovery. This period also allows an opportunity to further develop specific flexibility, where players should be encouraged to use static and where appropriate PNF stretches.

Aerobic Endurance

Aerobic endurance is the capacity of the body to work for prolonged periods of time and is reliant upon the body's ability to supply and utilize oxygen. It is essential to allow players to perform for the duration of a game and an appropriate level of aerobic endurance will also contribute to better recovery following 'all out', maximal intensity exercise (e.g. sprinting).

Strength and Power

Strength and Power Strength is the ability of a muscle or group of muscles to exert force, while power is the ability of muscles to generate the greatest amount of force in the shortest possible time (i.e. $\text{Power} = \text{force} \times \text{velocity}$). As such, strength and power are key elements and essential in rugby league for activities such as tackling, running and evading opposing players.

Speed

Speed is a major component of rugby league performance, often being the determining factor in many game situations (e.g. scoring or preventing a try, beating a defender, chasing or returning a kick).