

Rugby Muscle Match- Day Guide

Night Before

Don't do anything overly draining, chilling with a movie or whatever, going out to eat, all good ideas. Don't just think of the game, you want to relax to help you sleep.

Note - You want over 8 hours of quality sleep. QUALITY SLEEP means no screens, no tv, nice relaxed time. Make sure you are hydrated but not waking up to pee.

Morning

The key when you wake up is to not just sit down and get stressed about the game! Take your mind off, ideally with light activities and if you really want to get ready for the game then a light power session is perfect

Morning Activity

Option 1 - Go for a light walk, around 30 minutes or so is perfect.

Option 2 - If you can get access to a pool, a pool session is ideal - nothing too stressful just moving about in the water, widths of lunges and a few lengths of swimming.

Option 3 - Power session - If you can get access to a gym, some light plyometric work is great, this is one of the only times when practicing footwork drills using the ladders (or tiles on the ground) works well. Again, nothing specific, just get moving.

Breakfast.

Eating a couple plates is usually advisable, obviously this is all individual.

1/3 - Light meat / eggs / fish.

2/3 - Light carbs, bread, pasta, noodles oats minimal veg, dark fruit (berries)

2 pints of water minimum to go with.

Note - Breakfast wants to make you feel pretty full but not overly full so that you feel bloated.

Meal 2 (This wants to be around 3 hours before KO.)

A light sandwich or pasta meal is perfect. More water.

White grains are better than whole grains.... i.e. white bread/pasta/rice is better than brown bread etc. this is because the refined carbs is much easier for you to digest and give you energy.

Meal 3 (This wants to be around 1 hour before KO)

Sweets and light fruit and other candy. a nice caffeine boost would go down well here.

Warm Up

Before the warm up you want to be at your calmest, visualise how you want the game to go but remain calm. Obviously figure out the state that works best for you and go with it

Go out and do 2 laps and get loose BEFORE the team warm up. Ideally perform the Rugby Muscle Warm Up before the session too.

Just Before Game

Caffeine drink – I prefer low-carb Monster Energy, but any Pre-Workout type drink works well

Half Time

Another small intake of caffeine will do you well here, but make sure to be taking in lots of water before during and after the game.

Spend around 1 minute getting warm again after half time to get ready for the 2nd half

TimeLine

These are just sample ideas for what some of our lads do. It is NOT set in stone.

Figure out what works for you

3pm Kick Off

- 8.00 - Wake, water and snack. 40 minute walk
- 9.00 - Breakfast – Fruit, cereals, grains and light protein.
- 10.00 - 20-30 Minute Power Up session, jumps and footwork drills
(Some teams have a team run here too)
- 12.00 - Lunch – White grains and light meat, minimal veg. Coffee. Water
- 14.00 - Fruit (banana, orange or mango). Sweets (chewy-fruit). Energy Boost
- 14.55 - Caffeine
- 15.00 - Kick Off

Note: for 14.15 (UK winter Kick Off times) move times forward 45 minutes.

7.30pm Kick Off

- 8.00 - Wake, water and snack. 40 minute walk
- 9.00 - Breakfast – Fruit, cereals, grains and light protein, make yourself full.
- Lunch - 20-30 Minute Power Up session, jumps and footwork drills
(Some teams have a team run here too)
- Lunch - Lots of starch and protein, portion of fruit and veg. Water
- 15.00 - Water and fruit
- 17.00 - Decent Snack, white grains and light meat, minimal veg. Coffee. Water
- 18.30 - Fruit (banana, orange or mango). Sweets (chewy-fruit). Energy Boost
- 19.25 - Caffeine
- 19.30 - Kick Off