

# CONDITIONING TOOL GUIDE

See every rugby running drill run on a field with distance, changes of direction and work to rest, then build sessions and plans. For athletes learning a drill and coaches designing the week.

## FOR ATHLETES

### Know the drill before you run it

Look up a drill your coach gave you, watch it from above or behind the player, slow it down and run the session in order at training.

## FOR COACHES

### Design, check and share

Build a session to a target distance and energy system, plan a week, add your own drill and send the session as a PDF.

Open it from [www.stperformanceglobal.com/athlete-support/conditioning/](http://www.stperformanceglobal.com/athlete-support/conditioning/) or from Athlete Support in the website menu. It asks for an access code, so ask Simon. Add it to your home screen to use it like an app.

## THREE VIEWS

| VIEW                  | WHAT IT DOES                                                                                                                                                                                                                                                                                     |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Drill view</b>     | The visual, controls and the searchable drill list. Search by name or open a group and tap a drill to run it. Camera: Drill, Pitch, Top or Chase. Speed 0.5x to 2x and <b>Loop</b> . The camera icon beside a drill saves a short video you can send.                                            |
| <b>Session view</b>   | Set a target in metres and an energy system. <b>Roll the dice</b> adds drills with reps that land within 5% of the target, or add them one at a time. Filters narrow by phase, changes of direction, down-ups, contact and crawl. <b>Run session</b> plays each drill in order and ticks it off. |
| <b>Programme view</b> | <b>Upload programme PDF</b> loads the running and speed work from a Programmer PDF, week by week. Set the start date and <b>Jump to today</b> . <b>Programme tools</b> builds a week plan from weeks, days, blend and progression. <b>Build programme in builder</b> jumps to the Programmer.    |

## FOR ATHLETES

- 1 In **Drill view** type the drill name from your plan into the search and tap it.
- 2 Watch it from the Pitch, Top and Chase cameras and slow it to 0.5x. **Loop** repeats it while you learn where the cones go.
- 3 To load a whole plan, press **Upload programme PDF** in Programme view with the PDF your coach sent, then pick the week and session.
- 4 At training open **Session view** and press **Run session**. Time your rests with your own stopwatch.

## FOR COACHES

- 1 **Build a session.** Set the target distance and energy system in **Session view**, then **Roll the dice** or add drills. Reps scale to land on the target.
- 2 **Plan a block.** **Programme tools** generates a week plan. **Save current session** adds a session to the plan and **Add progressed copy** builds the next step.
- 3 **Add your own drill.** **Add drill** builds a drill step by step on the field. Preview it, save it to My drills and share it with **Copy drill code**.
- 4 **Share.** **Save PDF** writes the session as a PDF that the athlete reopens with **Import PDF or file**. **Download drill library PDF** prints every drill with diagram, script and volume.
- 5 **Short notice.** For a quick session a player can open from a link, use the Running Drill Viewer. It has its own guide.

## PITCH, UNITS AND PHONES

- Choose the field (rugby, rugby league, soccer at 110 m, or American football) and speed units (m/s, km/h or mph). Distance markings show on both sidelines and yard numbers on the football field.
- Turn a phone sideways for a wide view. The **Panel** tab on the right edge slides the session or programme column in and out so the video keeps its size.
- Plans, sessions and My drills stay in the browser that made them. **Save backup** and **Restore backup** in Programme view keep a copy, and **Save PDF** exports a session.

The Conditioning Tool covers the running and speed work only. Gym lifts and indoor conditioning stay in the Programmer.

### SUBSCRIBE AND PROGRAMME WITH US

Subscribe to keep the Conditioning Tool and Viewer, or book a call for programming and prescription.

[Book a call](#)