

PATRICIA GARCIA RODRIGUEZ

WOMEN IN RUGBY



OCTOBER 11



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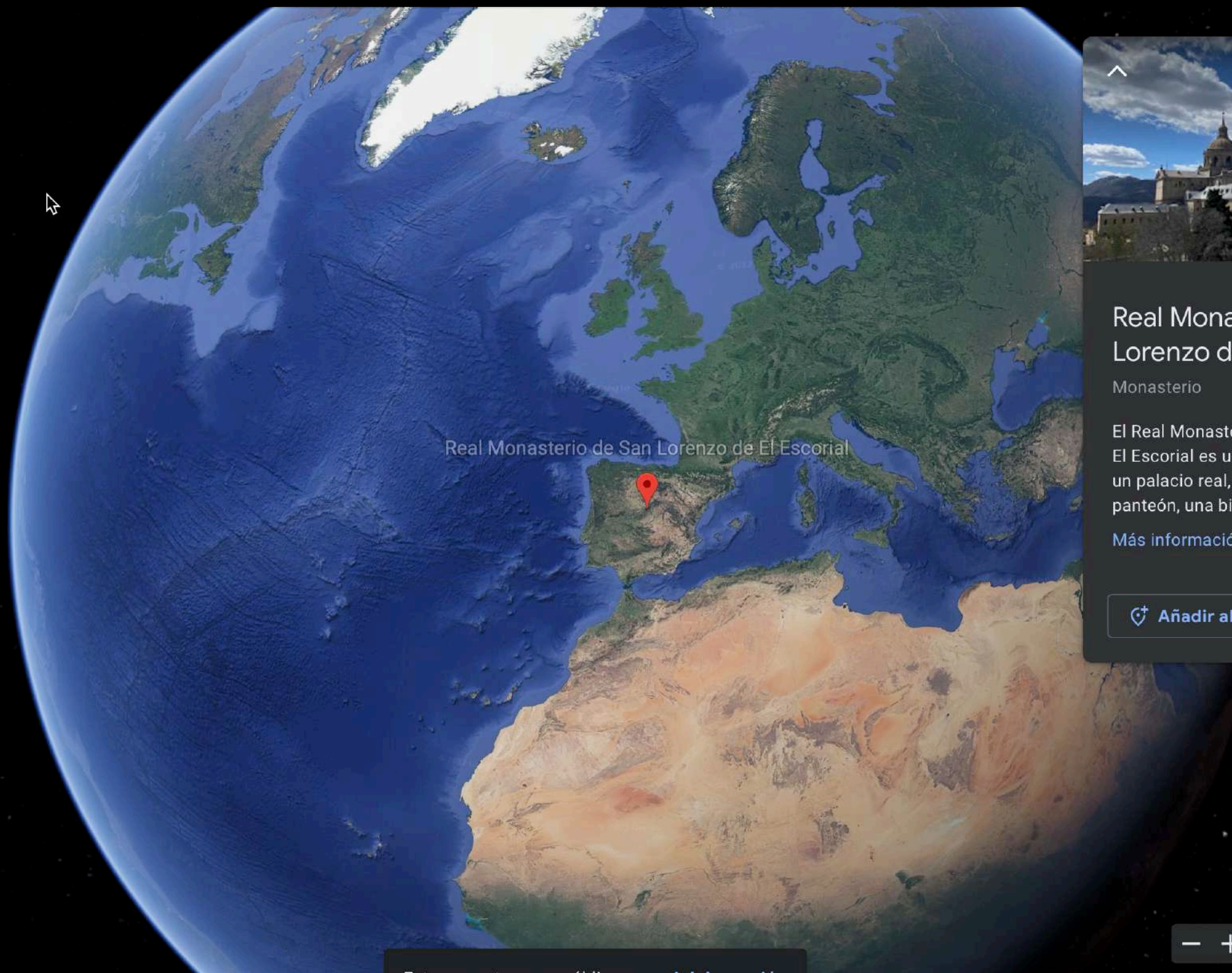
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Real Monasterio de San Lorenzo de El Escorial




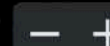
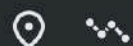
Real Monasterio de San Lorenzo de El Escorial

Monasterio

El Real Monasterio de San Lorenzo de El Escorial es un complejo que incluye un palacio real, una basílica, un panteón, una biblioteca, un [Wikipedia](#)

[Más información](#)

 **Añadir al proyecto**



3D

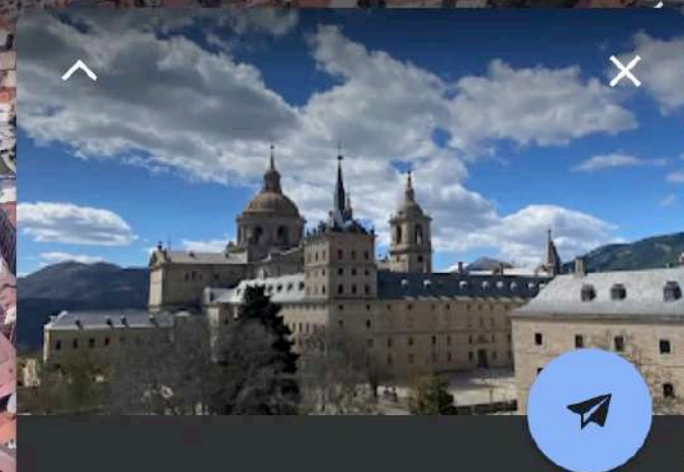




~~RUGBY~~



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00	SPORT SCIENCE UNIVERSITY						
09:00							
10:00							
11:00							
12:00							RUGBY
13:00						FOOTBALL	
14:00							
15:00					RUGBY U.		
16:00							
17:00							
18:00							
19:00							
20:00	FOOTBALL	RUGBY	FOOTBALL	RUGBY	RUGBY		
21:00							



Real Monasterio de San Lorenzo de El Escorial

Monasterio

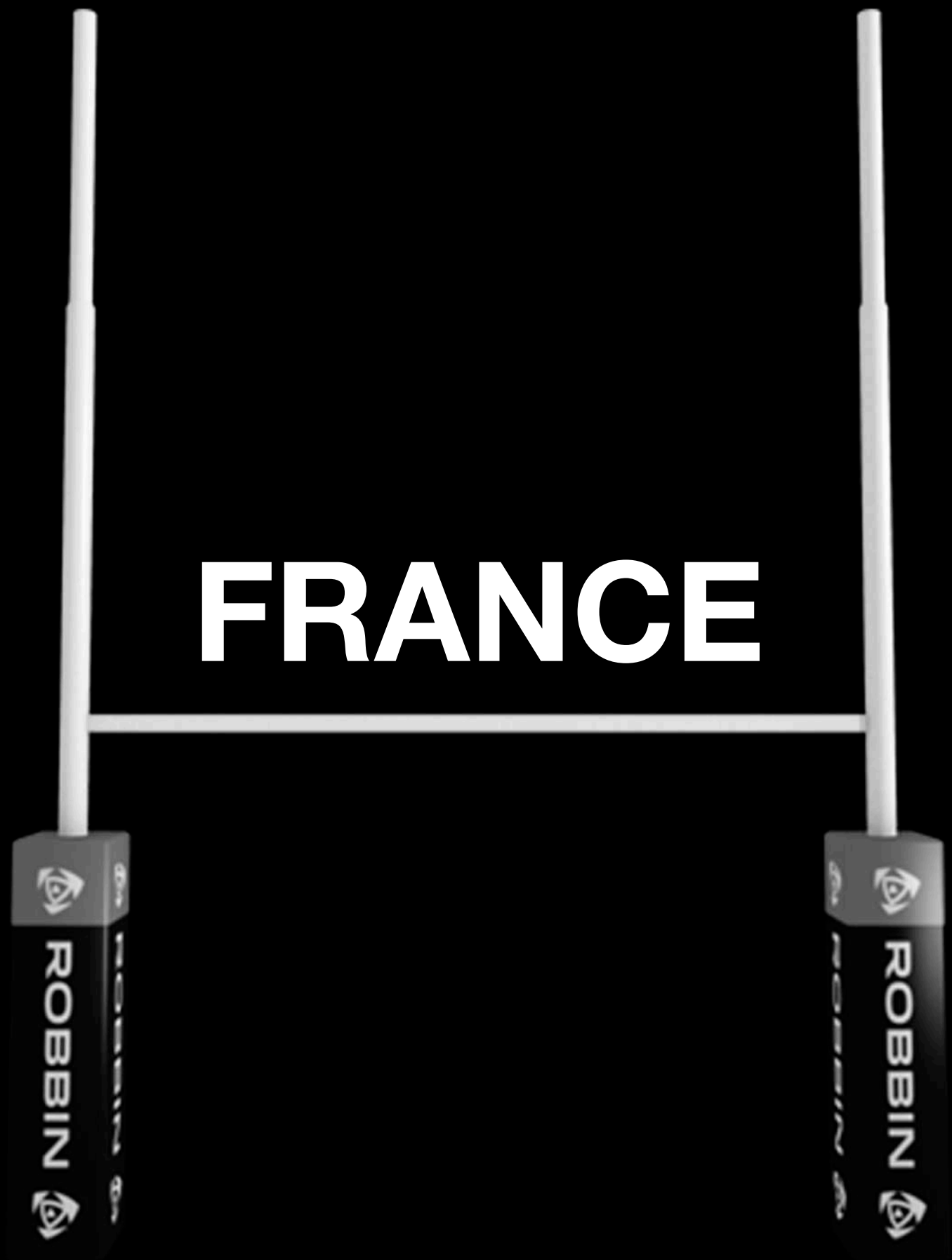
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[Más información](#)

[Añadir al proyecto](#)

Los usuarios también buscan...





TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00			RUGBY				
09:00							
10:00	RUGBY		UNIVERSITY		RUGBY		
11:00							RUGBY TV
12:00		RUGBY				RUGBY	
13:00							
14:00	RUGBY			RUGBY			
15:00							
16:00							
17:00		GYM SKILLS		GYM SKILLS			
18:00	RUGBY		RUGBY		RUGBY		
19:00						RUGBY TV	
20:00							
21:00							



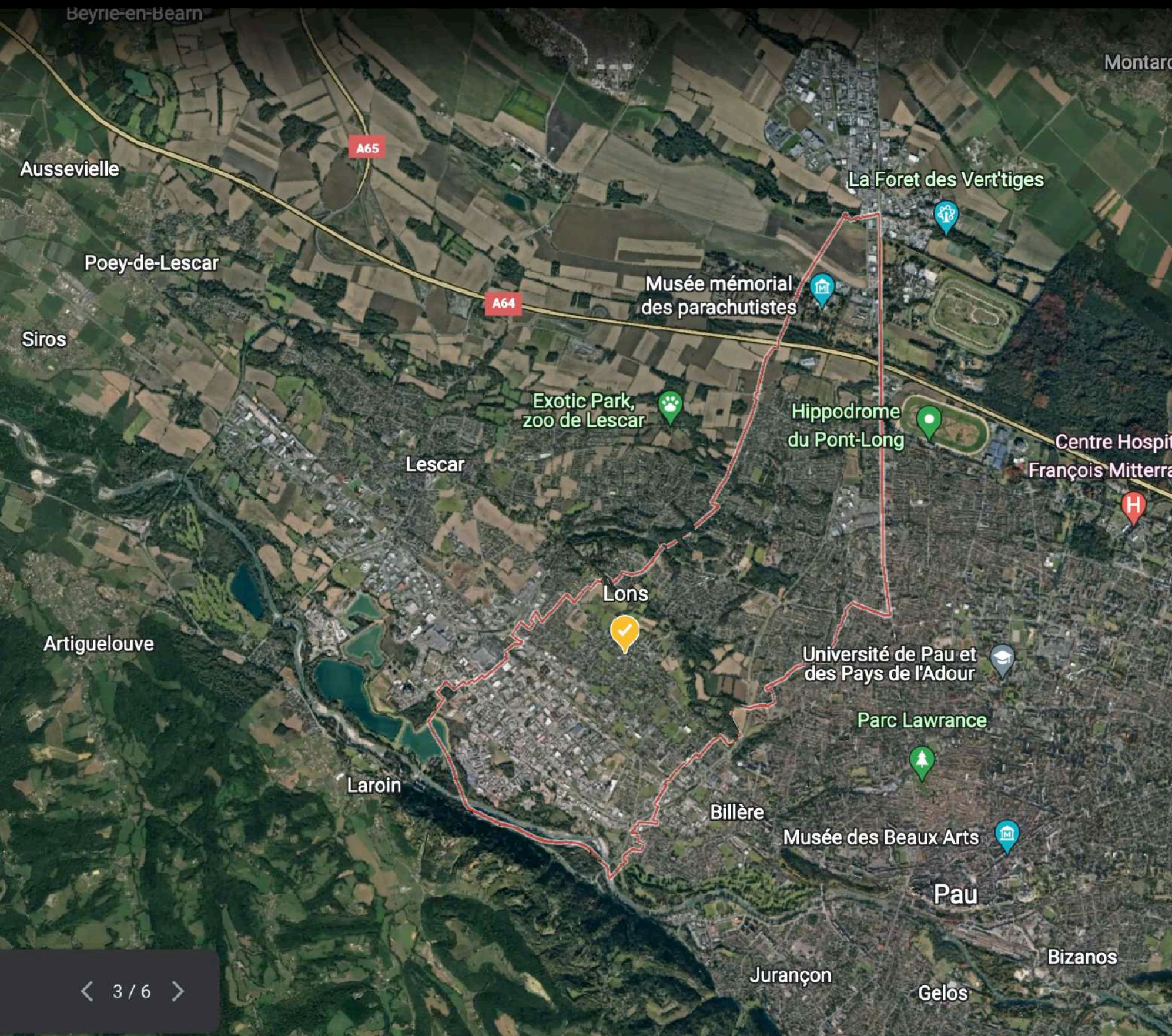
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00	TRAINING			WORK			
09:00							
10:00							
11:00							
12:00						RUGBY	RUGBY TV
13:00							
14:00							
15:00							
16:00							
17:00	RUGBY	GYM SKILLS					
18:00			RUGBY		RUGBY	RUGBY TV	
19:00							
20:00							
21:00							





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ESPAÑA
RUGBY



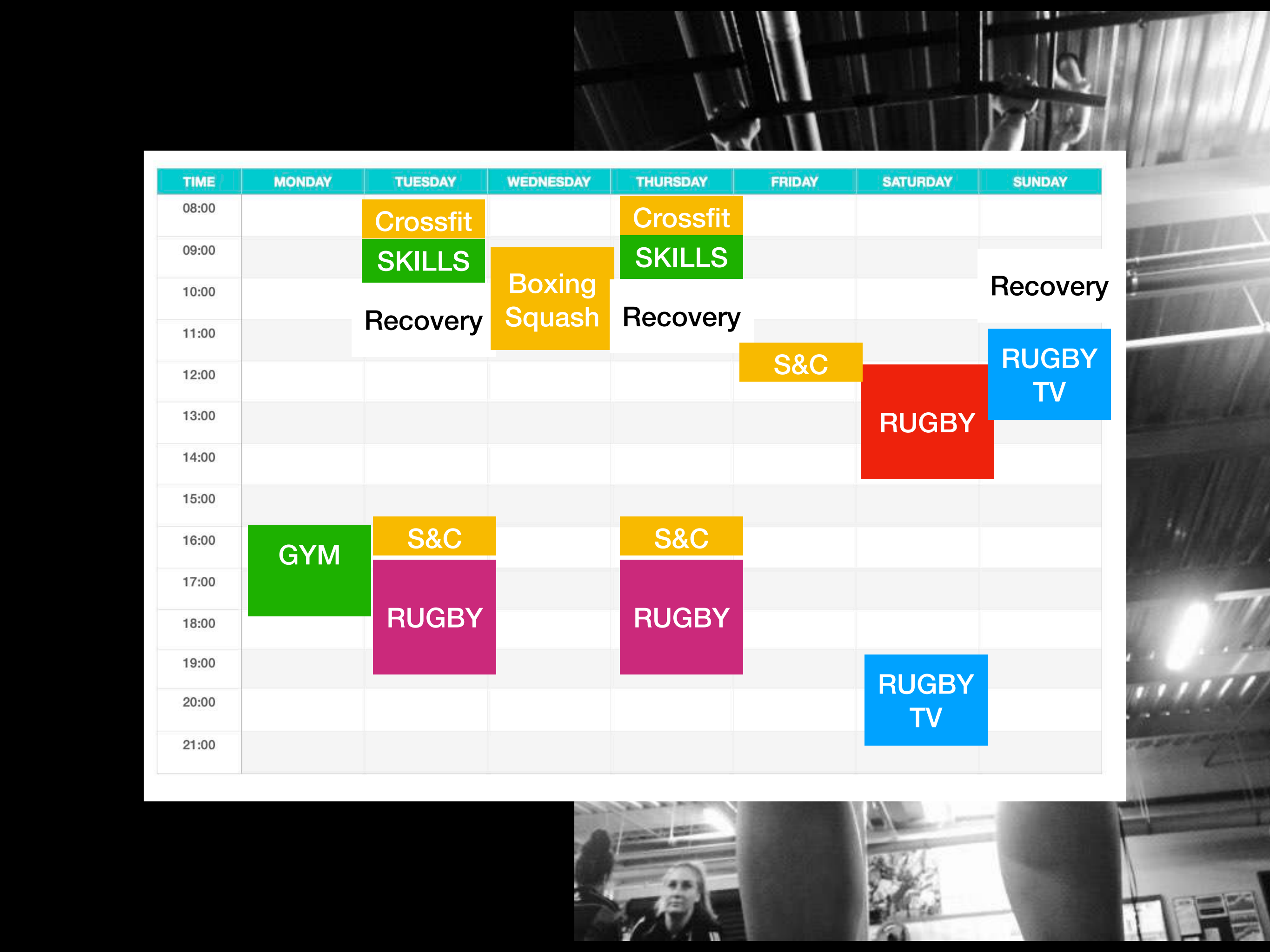
Lons

Comuna en Francia

Lons es una comuna francesa de la región de Aquitania en el departamento de Pirineos Atlánticos. Esta localidad comprende las [Wikipedia](#)

[Más información](#)

Los usuarios también buscan...



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00		Crossfit		Crossfit			
09:00		SKILLS		SKILLS			
10:00			Boxing Squash				Recovery
11:00		Recovery		Recovery			
12:00					S&C		RUGBY TV
13:00						RUGBY	
14:00							
15:00							
16:00	GYM	S&C		S&C			
17:00							
18:00		RUGBY		RUGBY			
19:00						RUGBY TV	
20:00							
21:00							

DRAUGHT

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KUKU KUKU



August-
October:
NZ (NPC)
Season

Nov.-May:
Europe
Season

June:
Europe 7s

July: World
Cups &
Olympics

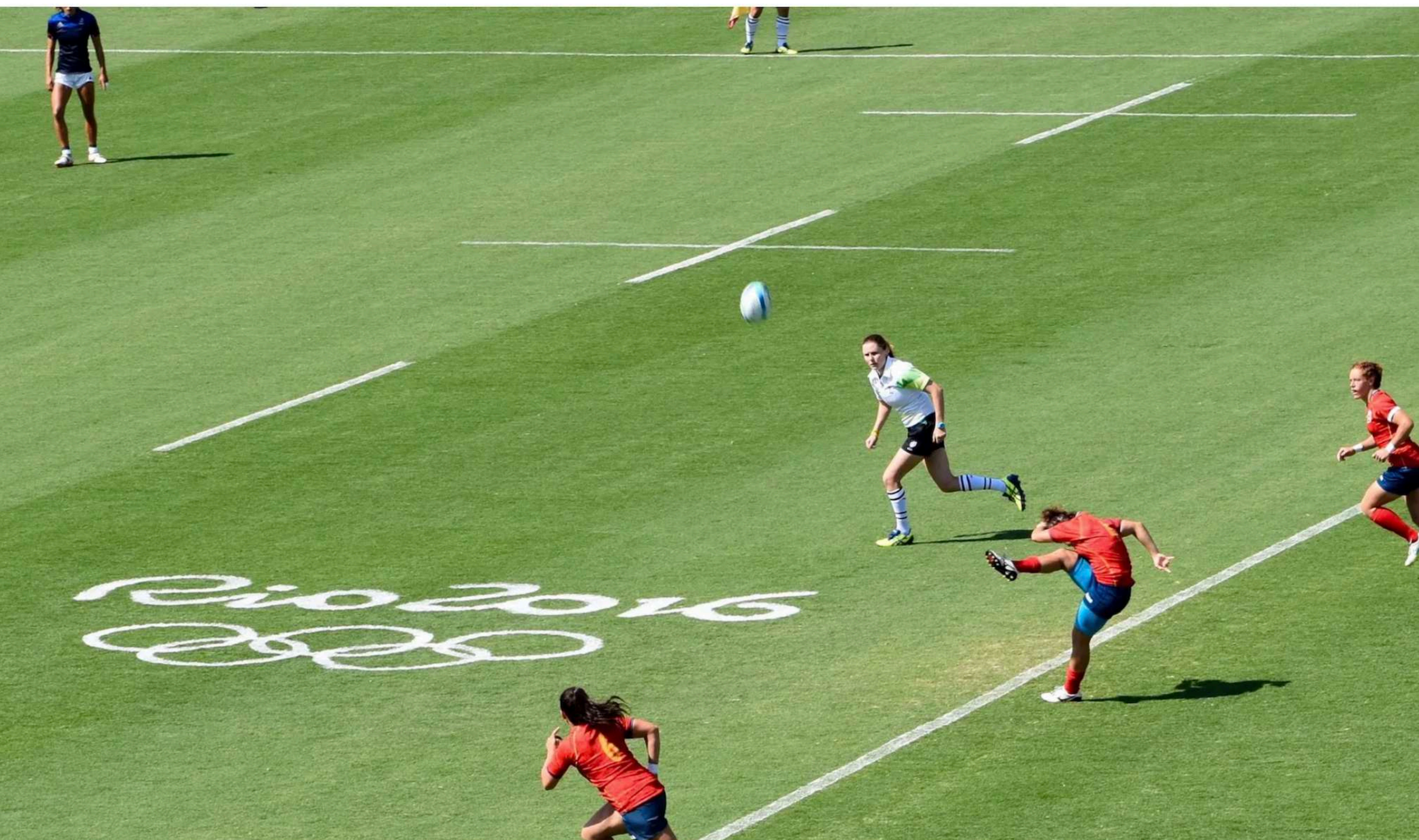
World Sevens
Series & XV
National
Leagues

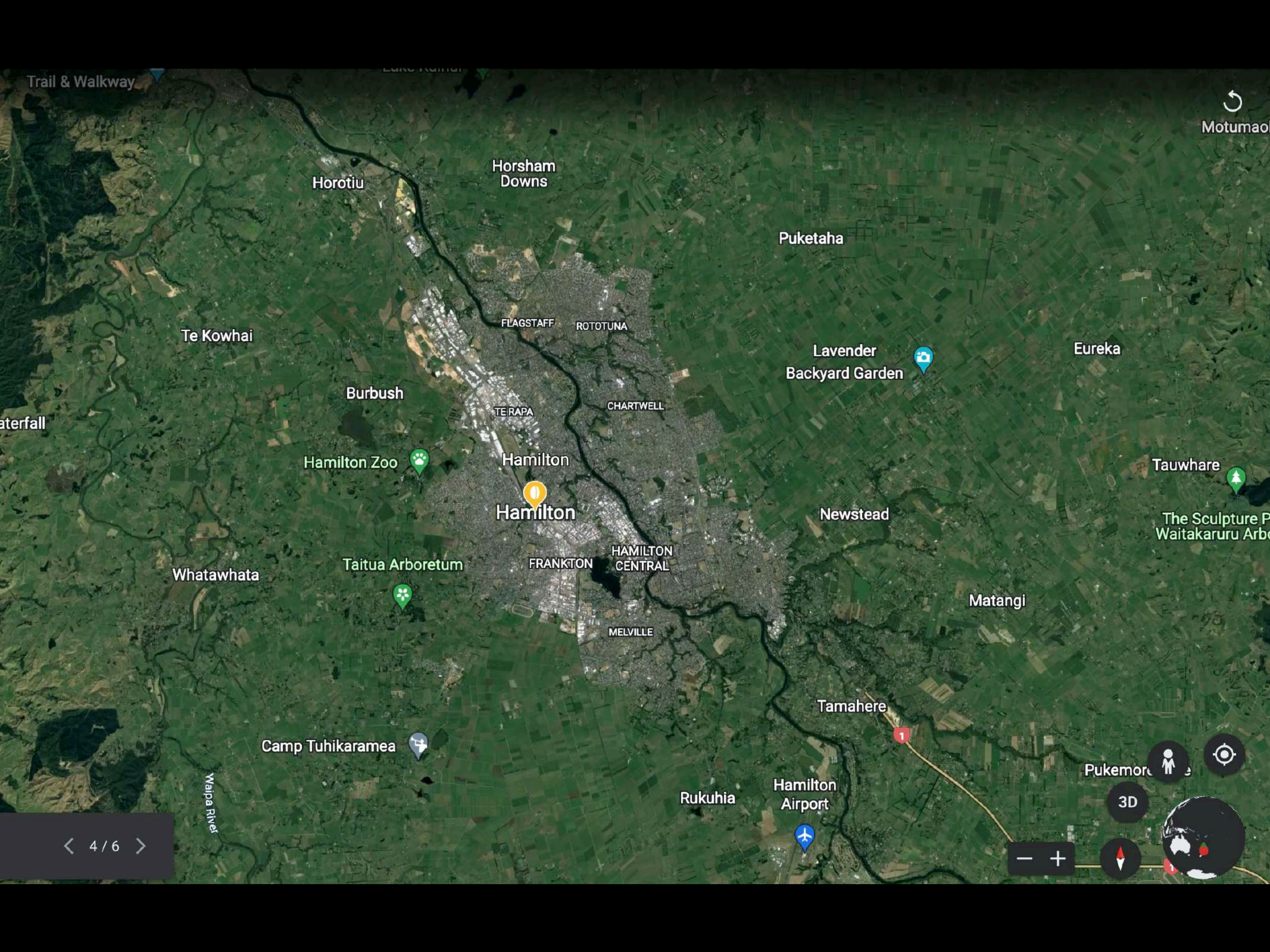
2013 Moscow
2014 Paris
2016 Olympics
2017 Ireland
2018 San Francisco











Trail & Walkway



Motuma

Horotiu

Horsham
Downs

Puketaha

Te Kowhai

FLAGSTAFF

ROTOTUNA

Lavender
Backyard Garden

Eureka

Burbush

TE RAPA

CHARTWELL

Waterfall

Hamilton Zoo

Hamilton

Hamilton

Newstead

Tauwhare

The Sculpture P
Waitakaruru Arbo

Whatawhata

Taitua Arboretum

FRANKTON

HAMILTON
CENTRAL

Matangi

MELVILLE

Tamahere

Camp Tuhikaramaea

Pukemore

Rukuhia

Hamilton
Airport

Waipa River

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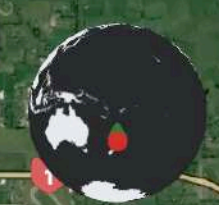
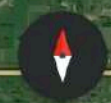




Photo by Tetsuya Takagi

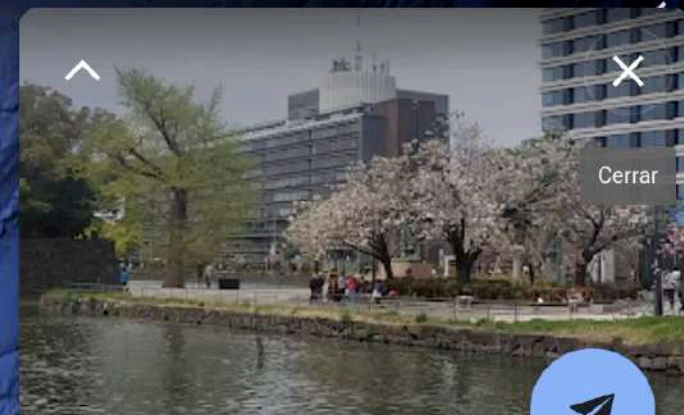
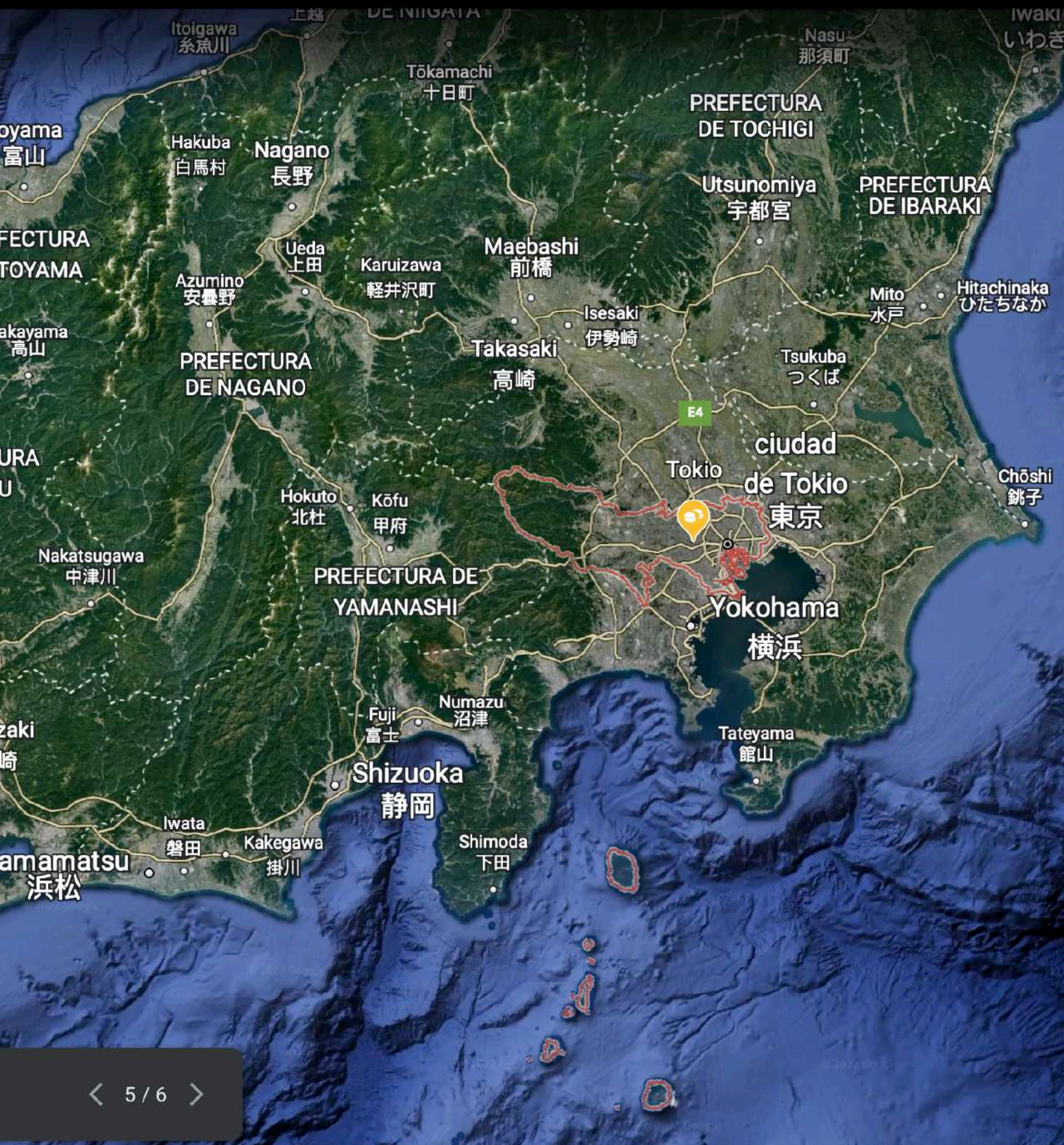


Photo by Tetsuya Takagi

kaizen

kai (change) zen (good)

continuous improvement



Cerrar

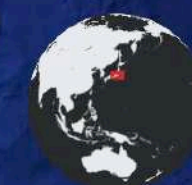
Tokio

Capital de Japón

Tokio, la ajetreada capital de Japón, mezcla lo ultramoderno y lo tradicional, desde los rascacielos iluminados con neones hasta los templos históricos. E

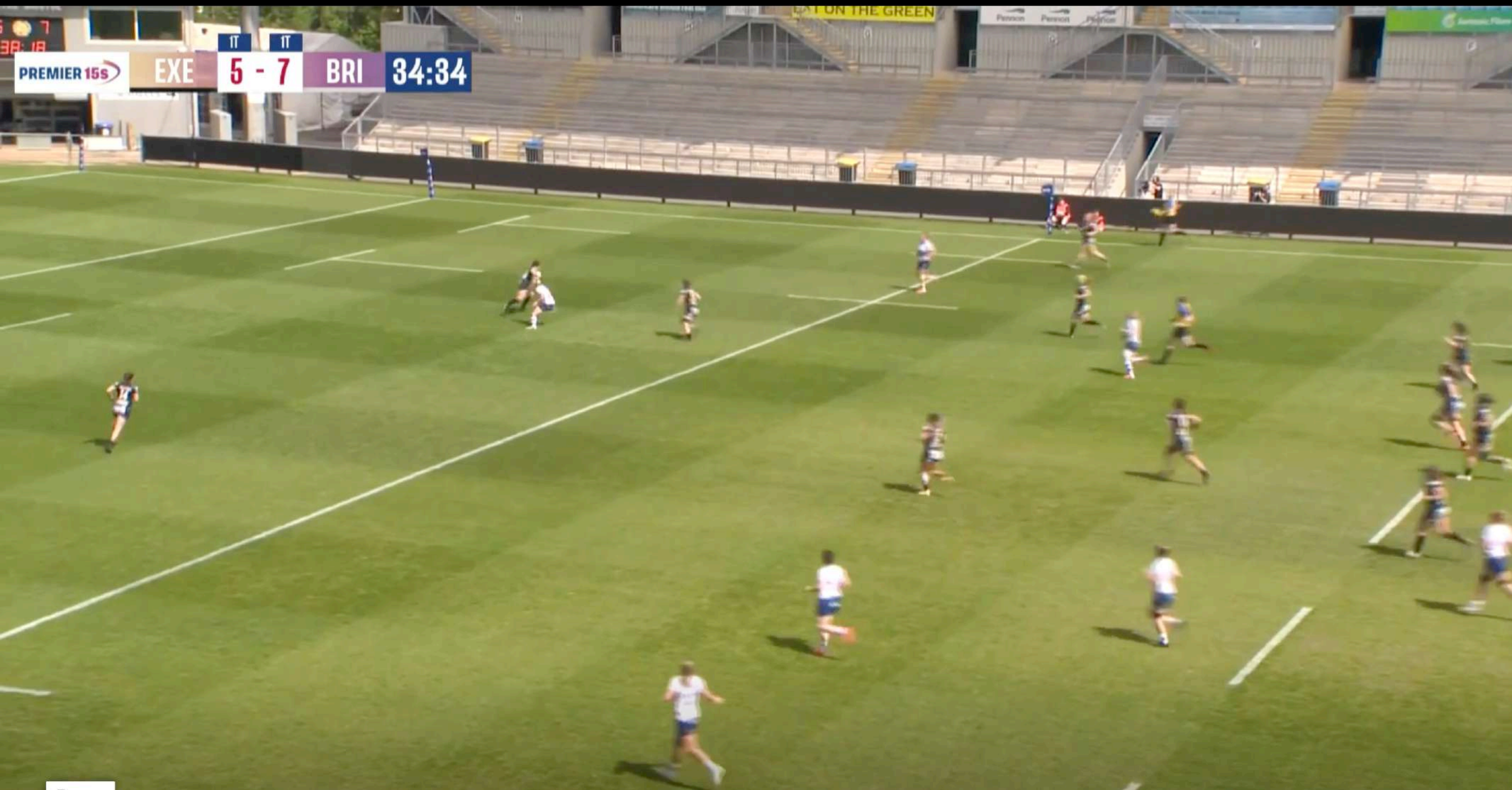
[Más información](#)

Puntos de interés en Tokio





Monday 16/08		Tuesday 17/08		Wednesday 18/08		Thursday 19/08		Friday 20/08		Saturday 21/08			
Forwards	Backs	Forwards	Backs	Recovery Day		Forwards	Backs	LF Test On Arrival @SP		1400 KO Wasps (H)			
LF Test On Arrival @SP		LF Test On Arrival @SP		Recovery Protocols		LF Test On Arrival @SP		1500 Rehab Slot					
1330 Screening		1500 Staff Meeting (AP)		Nutrition/Hydration- 3 Carb/Protein rich meals , Adaquate Hydration.		1520 Ankle Club (Venue TBC)							
1400 Leadership Meeting		1530 Forward Skills				1530 Hookers						1530 Self-Led IDP	
1430 Players Meeting		1530 Kickers (GS)				1600 Meal 1							
1430 Performance/Coach Meeting		1615 Joint Skills (HT)				1630 Strapping							
1515 Skills		1650 Shoulder Club				Movement- A minimum of 20 min movement (walk/bike)		1645 Meeting					
1645 Neck Club		1630 Prehab/Gym		1700 Rugby Full/Part Timers									
1645 Prehab/Gym		1730 Meal 1		Flexibility- Post movment 15-20min stretch of lower body		1830 Knee Club							
1815 Hip Club		1800 Strapping				1830 Prehab/Gym							
1700 Rehab Slots		1815 Meeting		Sleep- Aim to get a min 8 hours sleep recovery		2000 Cardio Club							
1830 Recovery		1830 Rugby Full/Part Timers				2000 Quad Club							
1845 Meal		2000 Cardio Club				2015 Recovery							
		2000 Quad Club				2000 Meal 2							
		2015 Recovery											
		2000 Meal 2											
Colour Code:													
Gym Kit: Chiefs Vest/Chiefs Gym Shorts/Chiefs Socks													
Rugby Kit: Chiefs Training Top/Chiefs Training Shorts/Rugby Socks													
Optional Kit: Rugby or Gym (depending on next slot)													
Optional Kit: Rugby or Gym (depending on next slot)													
Optional Kit: Rugby or Gym (depending on next slot)													



PREMIER 15s

EXE

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5 - 7

BRI

34:34

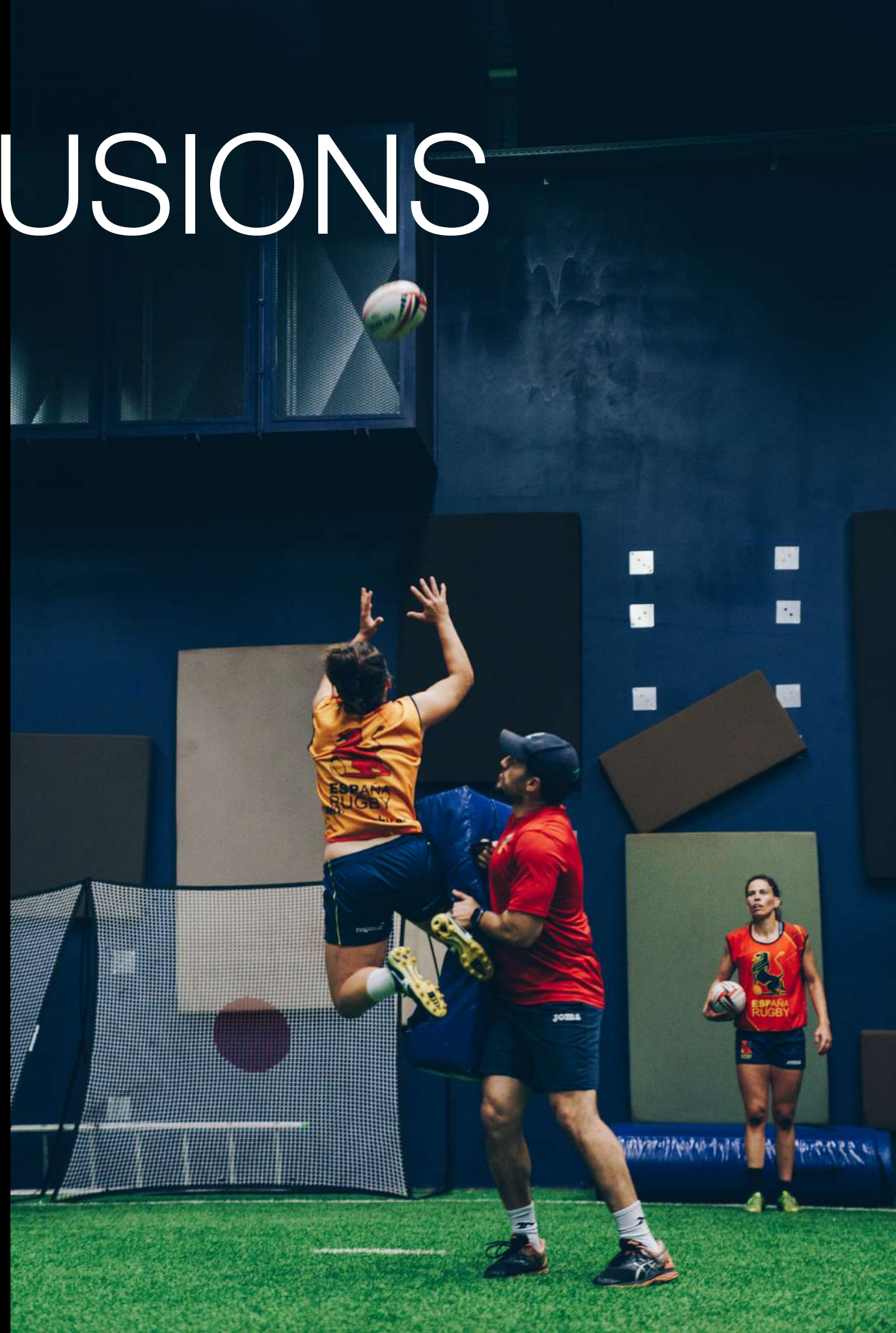
CONCLUSIONS

- Professionalism?

On & off the field

- Self leadership
- Controllable / Non controllable
- Resilience. Learn of every fail

Big mistakes, big lessons







purpose



Danke Schön

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