



Some Unique Strength and Conditioning Methods

by Benjamin Grantham



Before the England team took part in the 2021 Autumn Internationals, the players were put through some interesting strength and **conditioning** methods. This article talks a little about some of those methods.

Reflexive Performance Reset

Reflexive Performance Reset, or RPR as it is otherwise known, is a method taken from Chinese medical practices. It involves massaging the players' **pressure points**. The **objective** of RPR is to "wake up" the body in all major areas including the player's **organs**, muscle groups, **metabolism**, and to promote emotional **well-being**. It is usually performed prior to **intense** physical training. While there is no **significant** scientific research to prove that this practice is **effective**, it is becoming **commonplace** amongst athletes across various sports.

Mobility Training

A key part of **mobility** training involves using hurdle bars at both chest and waist height. Players jump over and as well as through the bars, alternating between the different heights. The objective of this training is to strengthen players' hips and the muscle groups that are used for running, making people who do mobility training more **agile**.

Cold Water Training

In the build-up to the 2021 rugby internationals, the England camp were forced to swim in the channel[※] off the Brighton coast during training sessions. Swimming in cold waters has several health benefits. For instance, it boosts a person's **immune system** because the body is forced to react to a sudden change in temperature. When practiced over time, cold water swimming allows the body to become quicker at combating illnesses. What's more, it reduces **inflammation**, which can allow the muscles to heal quicker after an intense weight session. The England rugby team won its 2021 Autumn International campaign with three back-to-back victories, so it seems that these training methods were successful. Yet, with a **botched** 2022 Six Nations campaign to bounce back from, it will be interesting to see what new strength and conditioning methods will be utilized before the England rugby team goes head-to-head against Australia for three straight games in the 2022 summer rugby internationals.

※ channel:[広い]海峡.



1. Phrase Matching

Match each phrase on the left to its definition on the right.

Paragraphs 1–4

conditioning	☐	☐ what protects the body against illnesses and disease
reflexive	☐	☐ when part of the body becomes swollen or red
pressure points	☐	☐ automatic reflex
objective	☐	☐ something that has become popular
organ	☐	☐ the ability to move
metabolism	☐	☐ making the body stronger through resistance and cardio training
well-being	☐	☐ parts of the body that are sensitive to pressure
intense	☐	☐ a goal or aim
significant	☐	☐ having an important meaning or quality
effective	☐	☐ badly done
commonplace	☐	☐ extreme force or strength
mobility	☐	☐ having a healthy mind
agile	☐	☐ Successful in producing a result
immune system	☐	☐ Parts of the body such as the heart and lungs
inflammation	☐	☐ a chemical reaction that turns food into energy
botched	☐	☐ being able to move quickly and easily



2. Gap Fill

Add the phrases below to the spaces in the article.

- | | | |
|-----------------|----------------|-------------------|
| • agile | • inflammation | • organ |
| • botched | • intense | • pressure points |
| • commonplace | • metabolism | • reflexive |
| • conditioning | • mobility | • significant |
| • effective | • objective | • well-being |
| • immune system | | |

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Reflexive Performance Reset

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Mobility Training

A key part of _____ training involves using hurdle bars at both chest and waist height. Players jump over and as well as through the bars, alternating between the different heights. The objective of this training is to strengthen players' hips and the muscle groups that are used for running, making people who do mobility training more _____.

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3. Comprehension Questions

Answer the following questions.

1. RPR is primarily performed to...

- a) wake up the body.
- b) strengthen the immune system.
- c) make the hips more agile.

2. Mobility training is primarily performed to...

- a) strengthen the immune system.
- b) make the hips more agile.
- c) wake up the body.

3. Cold water swimming helps to...

- a) strengthen the immune system.
- b) make the hips more agile.
- c) wake up the body.

4. England's 2022 Six Nations campaign was...

- a) unsuccessful.
- b) the team's best so far.
- c) political.

5. England will play against _____ in the 2022 summer internationals.

- a) The Springboks
- b) The Wallabies
- c) Les Bleus



Discussion

With a partner, discuss the following questions.

1. What sports matches are you looking forward to this year?
2. Which countries do you think will shine in this year's autumn rugby internationals?

5. Writing

Write an answer to the following question (50--100 words).

For a rugby player, which is more important - being strong or being well-conditioned ※?

※ *well-conditioned*: 健康で, 元気で; (特に) 運動選手
