



## The effect of resisted sprint training on speed and strength performance in male rugby players.

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Various studies have demonstrated that resistance sprint (RS) training can produce significant changes in running speed and running kinematics. The longer-term training adaptations after RS training remain unclear. The purpose of this study was to investigate whether an RS training intervention would enhance the running speed and dynamic strength measures in male rugby players. Fifteen male rugby players aged 20.5 (+/- 2.8) years who were proficient in resisted sledge training took part in the study. The subjects were randomly assigned to control or RS groups. The RS group performed two sessions per week of RS training for 6 weeks, and the control group did no RS training. Pre- and postintervention tests were carried out for 30-m sprint, drop, squat, and rebound jumps on a force sledge system. A laser measurement device was used to obtain velocities and distance measures during all running trials. The results show a statistically significant decrease in time to 5 m for the 30-m sprint for the RS group ( $p = 0.02$ ). The squat jump and drop jump variables also showed significant increases in starting strength ( $p = 0.004$ ) and height jumped ( $p = 0.018$ ) for the RS group from pre- to post-testing sessions. The results suggest that it may be beneficial to employ an RS training intervention with the aim of increasing initial acceleration from a static start for sprinting.

