In this unprecedented period of self-isolation, it is important for us all to stay physically and mentally active.

With this in mind, the Welsh Rugby Union’s physical performance department – responsible for turning Wales into one of the fittest teams in world rugby – has put together a range of training guides to help you do just that. These guides, which adhere to all current government COVID-19 procedures, can be found below, and will benefit a range of age groups and abilities.

Please follow the link below to access the resources -

<https://www.wru.wales/2020/03/stay-active-with-welsh-rugby/>

Could I ask you to share this information with your contacts as appropriate to your club/ school/ organisation.

Enjoy, be active and stay safe.