



2026 HIGH PERFORMANCE CAMP

8, 12 or 20 weeks
18+ Years | Capped at 20 Players

If you want help to achieve your goals, then get along to Inside Running Academy.

Great team, great facilities and great programme.

LIAM MESSAM

ACCELERATE
YOUR RUGBY
DEVELOPMENT
WITH A DEDICATED
8, 12 OR 20 WEEK
FULL-TIME
PROFESSIONAL
RUGBY PROGRAMME
BASED ON YOUR
NEEDS.

**2026 SEASON:
01 MARCH - 19 JULY 2026**

➤ **Open to: 18+years, Male & Female**

Are you super motivated to take your rugby to another level? Accelerate your rugby development with a dedicated 8, 12 or 20 week full-time professional rugby programme based on your needs.

Your Camp experience will include the development of your Rugby CV — with video clips captured, Strength and Conditioning testing completed and a summary of your strengths and weaknesses as a player. This information will enable you to contact professional clubs and agents around the world.

➤ **Camp Durations**

8, 12 or 20 weeks.

➤ **Camp Dates**

The 2026 Season will run from Sunday 01 March through to Sunday 19 July 2026.

Camp Start Dates:

- Sunday 01 March
- Sunday 12 April
- Sunday 15 March
- Sunday 26 April
- Sunday 29 March

➤ **APPLY NOW: LIMITED SPACES**

Only 20 spaces available. Book now or risk missing out.



Live the dream

**AS A FULL TIME RUGBY
PLAYER IN NEW ZEALAND**

**INSIDE RUNNING
ACADEMY**

The Ultimate Rugby Development Experience

2026 HIGH PERFORMANCE CAMP



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How Are the High Performance & Player Development Camps Different?

The High Performance Camp is focused on training at high intensity with purpose, reviewing your training and games, and developing a performance mind set. You will live, train and perform like a professional player!

Athletes will have their Rugby CV created, and video footage and testing data captured. This information is then sent to Inside Running Academy's network of professional / semi-professional clubs and agents globally.

The High Performance Camp focuses equally on physical and mental development, and training intensity is at professional rugby club level. Ultimately, entry criteria ensures that players are well prepared for this intensity — physically and mentally.

What You Can Expect from this Camp

➤ Full-time Training

Our Academy programme mirrors the frequency and intensity of Super Rugby team training in New Zealand.

➤ Game Experience

All Academy players will take part in club rugby where they can test their skills against players of their age in New Zealand.

➤ Skill Development

We have a huge emphasis on skill development at Inside Running Academy and players are exposed to some of New Zealand's leading coaches. We focus on learning through a specialised micro skills session three times per week and a dedicated field-based skills session three times per week, where learning is delivered through games-based activity.

➤ Strength & Conditioning

Our S&C programme concentrates on functional movement coaching before increasing load. Our first goal is to get all players moving effectively in the gym before we add load to build strength and power. All players are tested across key S&C measures at the start of their Academy stay, and then again at the conclusion.

➤ Leadership & Personal Development

We develop leadership skills by first breaking down the barriers, getting players out of their comfort zone and building a safe environment where everyone feels like they belong and can be themselves. We then start to challenge players to develop their leadership skills through Academy training activities.

➤ Education

All players will attend workshops on Mental Skills, Game Review, Performance Analysis, Sports Nutrition and Injury Prevention & Recovery.

➤ Continued Development

All players are required to develop a plan as to how they are going to continue to develop their rugby when they return home. This is our key point of difference, as we see attending Inside Running Academy as just the start of the player's development journey.

➤ Live the Dream!

Live the life of a full-time professional rugby player in Mt. Maunganui, New Zealand.



Our normal training week typically looks like this:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
8.00 am	Acute Injury Clinic		Recovery Day <i>We also use this day for Testing, and/or Academy Field Trips</i>			Game Day		
8.45 am	Academy Meeting							
9.00 am	Gym: Strength & Flush Focus	Gym: Strength Focus		Gym: Speed & Power Focus	Gym: Game Prep Focus			Recovery Session
10.00 am								
10.30 am	Micro Skills	Micro Skills		Micro Skills				
11.00 am	Physiotherapy	Physiotherapy		Physiotherapy	Micro Skills			
12.00 pm					Education Workshop			
1.00 pm	Skills: Focus on Fundamental Skills	Skills: Focus on Catch / Pass / Run & Decision Making			Skills: Focus on Collision & Game Readiness			Coach One-on-Ones: Feedback & Video Review
2.30 pm	Recovery Session	Recovery Session		Recovery Session				
6.00 pm		Club Training	Yoga Session (Optional)	Club Training				

Go online to:

www.rugbyacademy.global or
email: **mike@insiderunning.com**



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High Performance Camp Alumni

Nothing pleases us more than High Performance Camp players moving rapidly forward with their careers and achieving lofty heights. The following players are a snapshot of some High Performance Camp participants. Needless to say, we are immensely proud of their accomplishments.



Charlie Lawrence

Toyota Verblitz, Top League | Japan



Zach Kerr

Newcastle Falcons, Premiership | England



Santiago Pedrero

International 15s | Chile



Stan Van Den Hoven

Bay of Plenty NPC, Chiefs Super Rugby, New England Free Jacks, MLR | USA, Taranaki NPC



Tevita Sole

New England Free Jacks, MLR | USA



Marijn Huis

Durham University | England, Netherlands International



Libbie Janse van Rensburg

South African International 7s and 15s



Lisa Egberts

Bay of Plenty Volcanix



PK Vincze

USA Rugby Stars, Harvard University



Pingi Talaapitaga

Bay of Plenty NPC, Highlanders Super Rugby, Narbonne | France



Keepa Mewett

Bay of Plenty NPC, Maori All Black, NTT Docomo Top League | Japan



Scott Lyle

Petrarca Padova Rugby, Super 10 | Italy

Go online to:
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Our Staff:

Mike Rogers, Academy Founder & Director Level 3 Qualified Rugby Coach Chiefs Super Rugby Club Head of Pathways & International Relationships (2025) Manawatu NPC Head Coach (2023–2024) New England Free Jacks (MLR Champions 2023) Assistant Coach (2022–2023) Chiefs Super Rugby Womens Assistant Coach 2021 Waikato Womens Assistant Coach 2021 (FPC Champions) China Lions Head Coach 2020 Bay of Plenty Steamers NPC Assistant Coach 2019–2020. Specialist Coaching Area: Defence & Set Piece	
Toby Arnold, Academy Manager Level 2 Qualified Rugby Coach All Blacks 7s representative, Bay of Plenty NPC Player, Lyon Top 14 France Captain (11 seasons). Position Specific Coach: 15s, 10s, Wing	
Kate Hamilton, Academy Head of Strength & Conditioning MSEH (AUT) Chiefs U20, Head Strength & Conditioning Coach North Harbour NPC, Assistant Strength & Conditioning Coach North Harbour FPC, Head Strength & Conditioning Coach.	
Andrew Spraggon, Rugby Coach Level 3 Qualified Rugby Coach World Rugby Coach Educator. 'Spraggs' has an extensive history as a club, school and representative Coach both in New Zealand and internationally. Specialist Coaching Area: Defence & Collision Aspects	
Kyle McLean, Rugby Coach Level 3 Qualified Rugby Coach Tauranga Sports Premier Coach 2022 Coach Developer with over 10 years of experience in this field. Founder of <i>The Coaching Gig</i>. Specialist Coaching Area: Games Based Coaching & Decision Making	

Camp Costs & Inclusions:

8 Weeks: NZ\$12,000 12 Weeks: NZ\$17,000 20 Weeks: NZ\$25,000

Inclusions: Accommodation, meals*, Paladin training apparel, transport to and from sessions, all training sessions, etc.

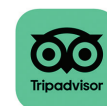
* We provide breakfast and lunch meals on a self-catered basis. Players are required to organise their own evening meal.

Where We are Based:

Inside Running Academy is based in Mount Maunganui, New Zealand, the world's best location for an International Rugby Academy and undoubtedly the perfect environment for players to experience a true taste of New Zealand lifestyle.

Summer, average daily high: 24–28°C (January – March).

Winter, average daily high 14–20°C (April–October).



Voted as one of the World's Top 25 Beaches!

How to Enrol:

Apply Now: This Camp is capped — only 20 spaces are available. Book now or risk missing out.

Go online to:
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email: **mike@insiderunning.com**



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