



*If you want help to achieve
your goals, then get along
to Inside Running Academy.
Great team, great facilities
and great programme.*

LIAM MESSAM

JANUARY-MARCH 2026 **PLAYER DEVELOPMENT CAMPS**

Flexible Term Camp Duration Options:
2, 4, 6 or 8 weeks

**THIS CAMP IS
A FANTASTIC
OPPORTUNITY
TO ACCELERATE
YOUR DEVELOPMENT
AS A RUGBY PLAYER
AND HAVE THE
EXPERIENCE
OF A LIFETIME**

Live the dream
**AS A FULL TIME RUGBY
PLAYER IN NEW ZEALAND**

EARLY SEASON: JANUARY- MARCH 2026

➤ Open to 14+ years: Male & Female

These 2–8 week Programmes are designed to provide aspiring male and female rugby players with an opportunity to experience life as a full-time athlete.

➤ Camp Durations

Camp durations are flexible and elective — it's your choice — you can join for 2, 4, 6 or 8 weeks.

➤ Camp Dates

The January– March 2026 Season will run from Sunday 11 January through to Sunday 08 March 2026.

Camp Start Dates are:

- Sunday 11 January
- Sunday 25 January
- Sunday 01 February
- Sunday 08 February
- Sunday 15 February
- Sunday 22 February
- Sunday 01 March
- Sunday 08 March

INSIDE RUNNING ACADEMY

The Ultimate Rugby Development Experience

JANUARY-MARCH 2026 PLAYER DEVELOPMENT CAMPS



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Early 2026 Season: 11 January – 08 March 2026

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 players will represent Inside Running Academy in local 7s and 10s Tournaments during January and February.

➤ 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						
8.45 am	Academy Meeting						
9.00 am	Gym: Strength & Flush Focus	Gym: Strength Focus		Gym: Speed & Power Focus	Gym: Game Prep Focus		
10.00							
10.30 am	Micro Skills	Micro Skills	Recovery Day <i>We also use this day for Testing, and/or Academy Field Trips</i>	Micro Skills	Micro Skills	Game Day or Game Replacement Training Session	Recovery Session
11.00 am	Physiotherapy	Physiotherapy		Physiotherapy	Education Workshop		
12.00 pm							
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-One's: Feedback & Video Review		
2.30 pm	Recovery Session	Recovery Session		Recovery Session			
6.00 pm			Yoga Session (Optional)				

Go online to:
www.rugbyacademy.global or
email: mike@insiderunning.com



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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:

2 Weeks: NZ\$3,600 4 Weeks: NZ\$5,900 6 Weeks: NZ\$8,400 8 Weeks: NZ\$11,000

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

* All players are placed with local home-stay families (normally with another camp attendee), where they are provided with three nutritious meals per day.

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 temperatures: average daily high: 24–28°C (January–March). Winter temperatures: average daily high 14–20°C (April–October).



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

How to Enrol:

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



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