

# Army games help get Edinburgh Rugby in shape for season ahead

With just a few weeks until their competitive season gets underway with a home fixture against Leinster on 20 September the Edinburgh Rugby team have been put through their paces by Army PTI's.

Arthur Seat was the backdrop as soldiers from the Royal Regiment of Scotland's 2<sup>nd</sup> Battalion (2 SCOTS) pushed the players to their physical limits.

A gruelling session under the supervision of Sgt John Fleming included carrying heavy logs, dummies and jerry cans across tricky terrain.

Ben Vellacott, the Edinburgh scrum half, said: "We're used to hard training and know we need to be at the top of our game, particularly when approaching a new season. Training with the SCOTS soldiers was the definition of intense and really pushed us to our limits mentally and physically. It was a great way to train differently, and I know we all benefited from it."

"Sgt Fleming said: "Our training is tough and acts as a reality check for even the fittest of people, but it provides invaluable insights into the discipline and resilience required at the highest-level of physical training.

“It was a pleasure to deliver the session and they handled the pressure very well. We SCOTS wish them the best of luck in the new season.”

Mark Robertson, Head of Strength and Conditioning at Edinburgh Rugby added: “It was refreshing to see the players outside of their usual training comfort zones, being pushed to their physical limits by the SCOTS team.

“These players are tough and resilient, but it’s always good to keep them on their toes and engage them in new activities to keep them up to their high standards. We have no doubt that this training with a difference will help boost our team’s fitness and morale as we approach the new season.”





