

Interview Guide

1. How long in terms of weeks was your most recent off-season?
2. In general, how would you describe your last off-season?
3. Please can you tell me about your physical wellbeing experiences in the most recent off-season period?
4. Generally, how well did you sleep during the off-season?
5. Generally, what were your energy levels like during the off-season?
6. How Sore/Stiff was your body during the off-season?
7. Tell me about your mental wellbeing experiences in the most recent off-season period?
8. How mentally demanding did you find the off-season period?
9. What demands were you experiencing related to rugby during the off-season period?
10. What demands were you experiencing away from rugby during the off-season period?
11. What influence did these demands have upon you?
12. How did these demands influence your physical and/ or mental_wellbeing?
13. What physical and/or mental_strategies did you use in the latest off-season period to recover/regenerate (e.g., weights, run, swim, cycle)?
14. How effective do you think these strategies were in helping you to physically recover/regenerate?
15. Overall, what influence do you feel these recovery strategies had upon your mental and physical wellbeing?
16. Based on the strategies you used, how physically/mentally ready did you feel to start pre-season?
17. Based on the strategies you used, how did you feel to start pre-season?
18. What are your thoughts on the impact (physical/mental) that the structure of the current off-season period, in the country where you play, has in relation to your welfare (e.g. benefits, importance of, off-season duration)