


WORLD
triathlon

RETURN TO
TRAINING OUTDOORS
AS LOCKDOWN
RESTRICTIONS EASE

asics

triathlon
DEVELOPMENT

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Aim of the webinar

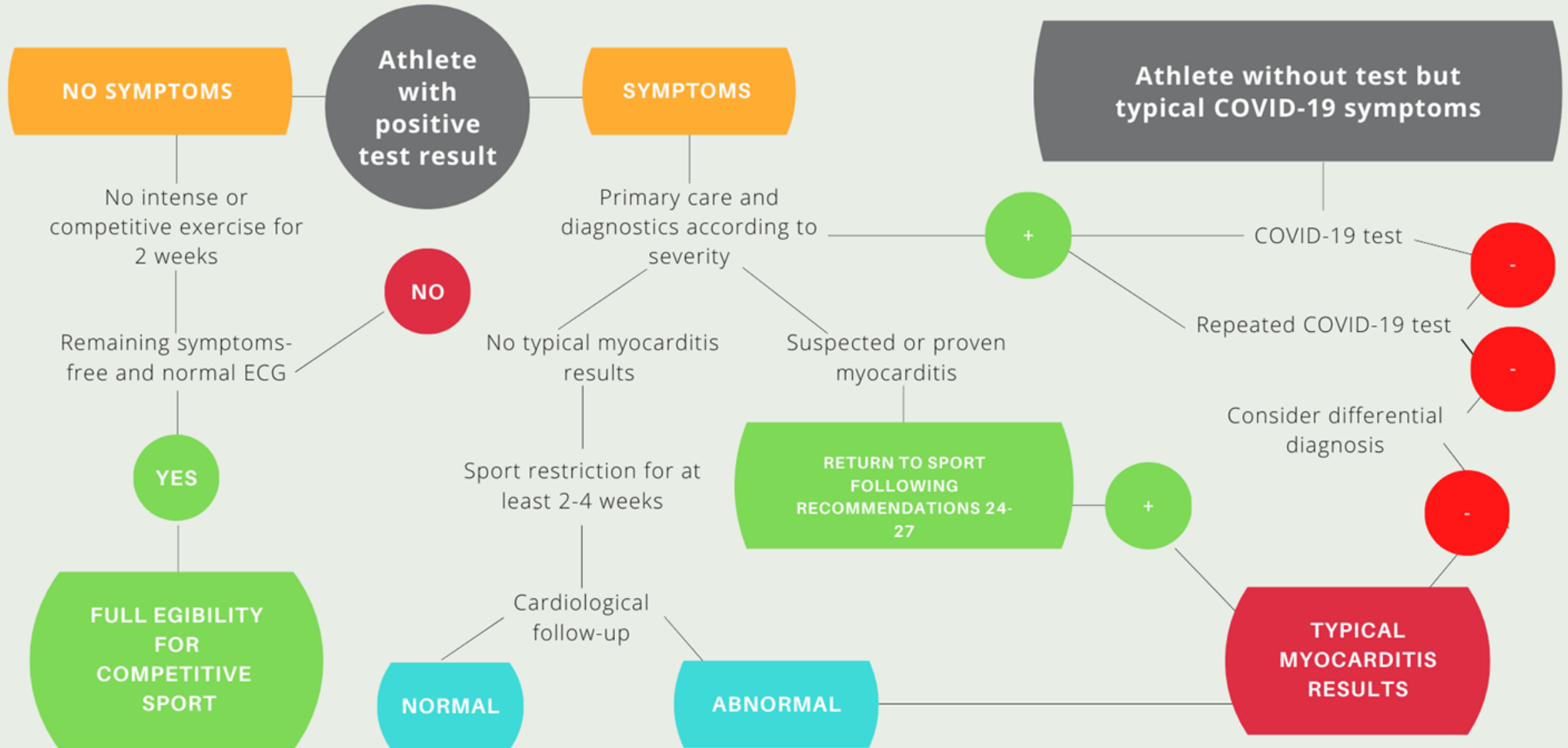
- 1- To **identify the effects of the detraining** and to understand the mechanisms and effects on all physiological and psychological systems, as well as their impact on athletic performance.
- 2- To **provide practical recommendations** to coaches and athletes to reduce the **unwanted consequences** of the forced quarantine.
- 3- To **understand the current athlete's situation**.

Basic rules and recommendations



Athletes should undergo a medical screening to exclude COVID-19 negative effects before return to exercise.

PROPOSED ALGORITHM FOR A RETURN TO SPORT FOR AN ATHLETE WITH POSITIVE TEST RESULT OF SARS-COV-2 OR WITH TYPICAL COVID-19 SYMPTOMS. ABBREVIATIONS: ECG, ELECTROCARDIOGRAM; COVID-19, CORONAVIRUS DISEASE



RETURN TO TRAINING OUTDOORS - RECOMMENDATIONS



Follow the rules



Be patient



Trust the professionals



"hold the reins"



Rest



Hydration



Reduce the risk of injury



Eat healthy



Seek help



Be cautious



Avoid contagion



Intensity, volume,
frequency

DETRAINING EFFECTS IN ISOLATION

PRINCIPLE OF TRAINING REVERSIBILITY

Detraining affects different physiological systems



Neuromuscular



Respiratory



Cardiovascular



Muscle-skeletal

And their corresponding physical capacities



Strength



Power



Endurance



Speed



Flexibility

CESSATION OF TRAINING - SIDE EFFECTS



Reductions in maximal and submaximal exercise performance

Significant reductions in VO2max

Loss of muscle mass due to reduced or complete absence of strength training

Decreases in flexibility

Substantial decrease in performance in swimming

Detraining adversely affects body composition, fitness, and metabolism after

Week 1 2 3 4 5 6 7 8 9 10



PLANNING SHOULD CONSIDER



Why



What



How



When



WHAT DECISIONS DO COACHES/ATHLETES HAVE TO MAKE?

What impact has lockdown had on me as a coach and athletes I work with

Look after yourself

What strategies will work best for the individuals concerned, e.g. some will want to 'log kms on strava' other will want to get back to nature – ride in the hills.

Give athletes some freedom

What options are now available, will become available locally, e.g. can we now swim (pool or open water?)





TRAINING

Organize alternative sports skills training based on the athlete's deficits and needs.

Organize personalized strength and conditioning training at home

Even though many athletes are not currently injured, the time off is similar to the time off after an injury





- On Day 1 aim is to guarantee there will be a Day 2
- Control your impulse, be careful and listen to your body
- Combine jogging and walking during the first days.
- Remember to drink water before and after exercise.



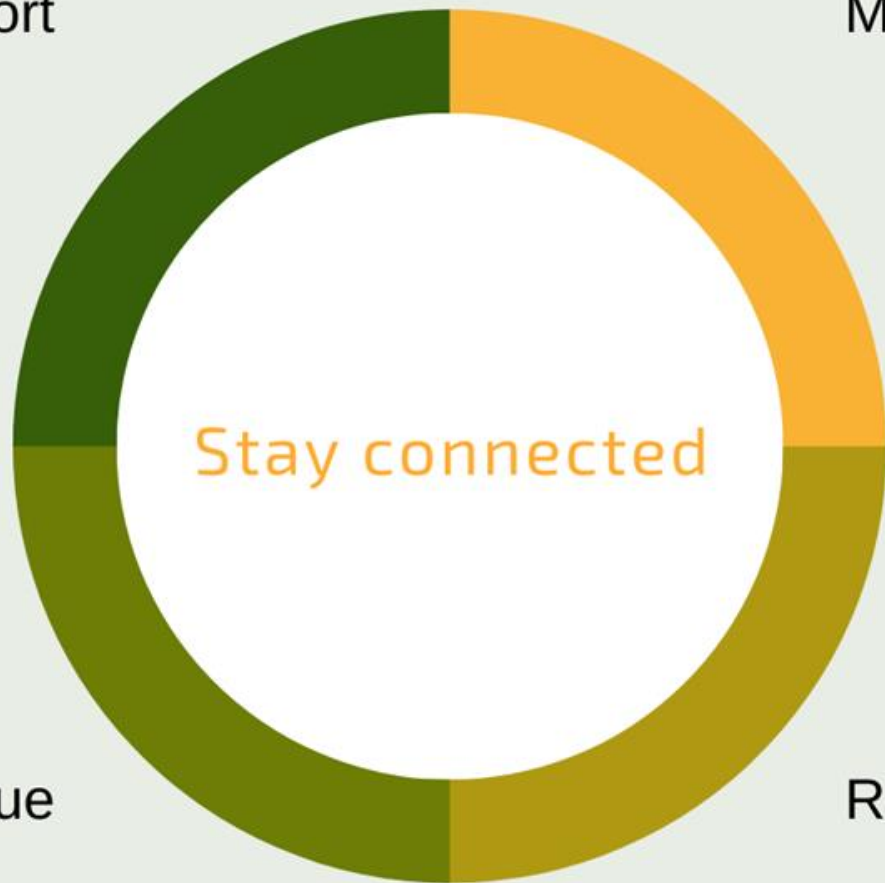
- Start exercising gradually
- Reduce the volume and frequency of training by at least 30%.
- Exercise mainly following the rate of perceived effort
- Focus on the specific technique of our sport.
- Take it as an opportunity to develop other components of fitness.
- Treadmill and concrete impact not the same



Guidance and support



Monitoring health



Stay connected

Monitor mental fatigue



Return full training





EDUCATION

- Educate the athlete about nutrition
- Provide adequate methods of recovery.
- Return to outdoor exercise decisions must be made in close consultation with your relevant Public Health Authorities.
- Discuss return to exercise framework with your coach.
- Give priority to your studies.

Webinar to hold my Coaches B-Level.





PSYCHOLOGY



Motivate the athletes to reset their mindset



Take your time



Why are you training?



Learn to accept you don't have much control about the situation



Opportunity in adversity



Use a framework

Without an eradication of the Covid-19 virus in sight, countries around the world are seeking a pathway back to 'normality' as lockdown restrictions are gradually lifted.

An example is the:

'Australian Institute of Sport (AIS) Framework to reboot Sport in a COVID-19 environment'.



Stage 1

Outdoor exercise may be done

Solo or with one other training partner

No equipment may be shared and

Social distancing rules must be adhered to.

Stage 2

Get in, Train, Get out

A Maximum of 10 are able to:

Train in a group

All shared equipment cleaned appropriately

Deliberate contact is not permitted

Stage 3

Return to training... ...but you must:

Maintain social distancing

Maintain hygiene

Minimal shared equipment use

BEFORE AND AFTER ACTIVITY

ADAPTED FROM : AUSTRALIAN INSTITUTE OF SPORT (AIS) FRAMEWORK TO REBOOT SPORT IN A COVID-19 ENVIRONMENT.



Do not attend training unwell



Shower at home (if possible) with soap



Wash and sanitise your hands



Be prepared for a quick "in and out" of training and competitions



Exclude yourself and others from activity if being tested from COVID-19

DURING ACTIVITY

ADAPTED FROM : AUSTRALIAN INSTITUTE OF SPORT (AIS) FRAMEWORK TO REBOOT SPORT IN A COVID-19 ENVIRONMENT.



Adhere to group number
and activity restrictions in
your country



Use your own
items



Practice good
personal hygiene



Arrive ready to train



Wipe down
equipment or other
shared surfaces
before and after



Keep personal items
and clothing separate

World Triathlon Education Hub Open Content

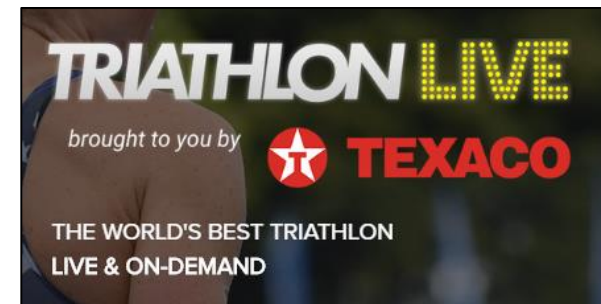
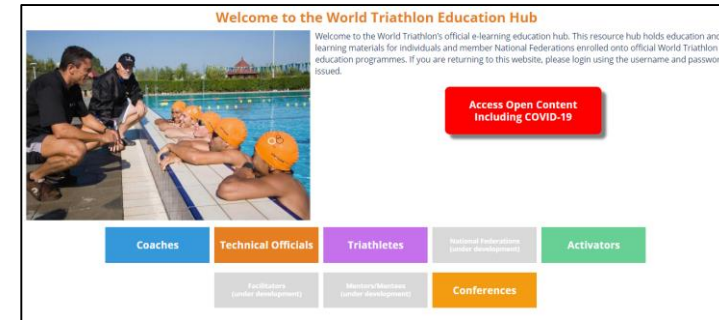
<https://education.triathlon.org/>

World Triathlon Development Webinars Past and Upcoming

<https://education.triathlon.org/mod/page/view.php?id=6249>

Triathlon Live

<https://www.triathlonlive.tv/>



Webinar References

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Burtscher, J., Burtscher, M. and Millet, G.P. (2020), (Indoor) isolation, stress and physical inactivity: vicious circles accelerated by Covid-19?. *Scand J Med Sci Sports*. Accepted Author Manuscript. <https://doi.org/10.1111/sms.13706>

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Participant Suggested References

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https://www.euroga.org/system/1/user_files/files/000/045/111/45111/150d3060c/original/Social_Distancing_v20_White_Paper.pdf?fbclid=IwAR1ILbN_18fhqm_i7PWa3O0bbLHgoympAawsUAafm4Hb7XMJjN_VFm4IQnAQ

Ross Tucker de-training webinar <https://youtu.be/ByD9HjJL554>

Trent Stellingwerff & Stuart Phillips de-training webinar <https://youtu.be/Si3D6flmXOI>




**UPCOMING
WEBINAR**

**ATHLETE
DEVELOPMENT MODEL**

INTRODUCTION



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