RETURN TO TRAINING OUTDOORS AS LOCKDOWN RESTRICTIONS EASE
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

**NO SYMPTOMS**
- No intense or competitive exercise for 2 weeks
- Remaining symptoms-free and normal ECG

**Athlete with positive test result**
- No typical myocarditis results
- Sport restriction for at least 2-4 weeks
- Cardiological follow-up

**Symptoms**
- Primary care and diagnostics according to severity

**Athlete without test but typical COVID-19 symptoms**
- COVID-19 test
- Repeated COVID-19 test
- Consider differential diagnosis

**RETURN TO SPORT FOLLOWING RECOMMENDATIONS 24-27**
- Normal
- Abnormal

**FULL ELIGIBILITY FOR COMPETITIVE SPORT**

**TYPICAL MYOCARDITIS RESULTS**
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

Adapted from: COLEF - Decálogo de recomendaciones para deportistas
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

<table>
<thead>
<tr>
<th>Effect</th>
<th>Week 1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reductions in maximal and submaximal exercise performance</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Significant reductions in VO2max</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loss of muscle mass due to reduced or complete absence of strength training</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Decreases in flexibility</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Substantial decrease in performance in swimming</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Detraining adversely affects body composition, fitness, and metabolism after</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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?)
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
Stay connected

- Guidance and support
- Monitoring health
- Monitor mental fatigue
- Return full training
• 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.
PSYCHOLOGY

Motivate the athletes to reset their mindset

Take your time

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

Why are you training?

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

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

ADAPTED FROM: AUSTRALIAN INSTITUTE OF SPORT (AIS) FRAMEWORK TO REBOOT SPORT IN A COVID-19 ENVIRONMENT.
World Triathlon Education Hub
Open Content
https://education.triathlon.org/

World Triathlon Development Webinars
Past and Upcoming

Triathlon Live
https://www.triathlonlive.tv/
Webinar References

Alicante University. (2020, May 18). Consejos para el desconfinamiento deportivo [Https://s.ua.es/lV06 ].


Participant Suggested References

Towards aerodynamically equivalent COVID19 1.5 m social distancing for walking and running (2020) Blocken, B., Malizia F., van Druenen T., Marchal T.
https://www.euroga.org/system/1/user_files/files/000/045/111/45111/150d3060c/original/Social_Distancing_v20_White_Paper.pdf?fbclid=IwAR1ILbN_18fhqm_i7PWA3O0bbLHgoymPAsUAa4mHb7XMJjN_VFm4lQnAQ

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

Trent Stellingwerff & Stuart Phillips de-training webinar https://youtu.be/Si3D6fImXOI
ATHLETE DEVELOPMENT MODEL

INTRODUCTION

UPCOMING WEBINAR

Brought to you by TEXACO