

Sanford POWER Return to Competition in light of the COVID-19 shutdown Phase 1: Preparation

Goals

1. Recover from existing injuries and/or reduce the risk of future injury
2. Build and maintain a base of cardiorespiratory (cardio) fitness, strength and power
3. Develop good self-care habits of sleep, nutrition and hydration

Goal 1: Recovery and/or injury risk reduction

- If you are recovering from an existing injury, follow the guidance of your athletic trainer, physical therapist or other health care provider.
 - Perform your at-home rehab program as instructed.
 - Contact Sanford Orthopedics & Sports Medicine if you have questions or need to be evaluated visit: <https://www.sanfordhealth.org/medical-services/orthopedics-and-sports-medicine/orthopedics>
- Participate in activities known to be related to a reduced risk of injury:
 - Participate in strength and conditioning exercises (more information below).
 - Get a minimum of 8 hours of sleep each night.
 - Participate in an injury risk reduction program that includes plyometric and strengthening exercises.
 - Sanford POWER has developed its own program that can be accessed for free here: <https://www.sanfordpower.com/skipp/>

Goal 2: Build and maintain a base of cardiorespiratory (cardio) fitness, strength and power

- Here are some key factors you want to focus on when planning your workouts:
 - You don't need to train every muscle group or do cardio/conditioning or strength/power exercises every day – but you should aim to train each area throughout the week.
 - Start slow and easy and make your workouts more challenging each week.
 - Your body adapts (you get bigger, stronger and faster) when your workouts are challenging.
 - Try to use variety in your workouts.
 - This helps you to train your muscles differently (which helps you to adapt), keeps your workouts fun and reduces the risk of overuse injuries.
- Cardio/conditioning
 - You should perform cardio/conditioning 3-5 times a week.
 - Start with 2-3 times a week and build up to 4-5 times a week.

- Rest between days of cardio/conditioning (e.g., if training three times per week, perform on Monday-Wednesday-Friday or Tuesday-Thursday-Saturday).
 - If you build up to 4-5 days per week, you will have some consecutive days of training.
- Use a smartphone or watch to time yourself.
- Perform activities that raise your heart rate and build up your endurance and recovery capacity.
 - For team sport athletes, you can focus on using moderate-to-high intensity interval training (e.g., line drills, gassers, run/walk intervals of various distances)
 - Start at a moderate intensity with short work-to-rest intervals (e.g., run at 50-75% max for 10 seconds, rest 30 second, before repeating 8-10 times).
 - After a couple of workouts, or when this becomes easy, keep the intensity the same and reduce the amount of recovery time (e.g., run at 50-75% max for 10 seconds, rest 25 seconds before repeating 8-10 times).
 - When these new workouts become easy, reduce the rest time again OR increase the intensity and the recovery time (e.g., run at 75-90% max for 10 seconds, rest 50 seconds before repeating 8-10 times)
 - As these workouts get easier, continue to increase the intensity, decrease the recovery time, or add more intervals (e.g., repeat more times)
- You can also incorporate some longer, steady workouts to mix things up (e.g., jogging for 2-3 miles).
 - Start with a shorter distance (e.g., ½ to 1 mile) that you can finish.
 - If necessary, alternate jogging with walking.
 - When you can complete the full distance while jogging, work on improving your time or increasing your distance.
- You can also perform strength/power exercises (described) below in a circuit, with short rest intervals between each exercise (e.g., resting ≤ 30 sec between each exercise)
- Strength and power
 - You should perform strength and power exercises 3-5 times a week.
 - Start with 2-3 times a week, doing a total body workout.
 - As you progress to 4-5 times a week, you can split your workouts by body part (e.g., lower- or upper-body) or type of movements (e.g., push or pull).
 - Concentrate on using good form.
 - Plan the number of repetitions (number of times you perform a movement or lift a weight) and sets (groups of repetitions) before each workout.

- Keep track of these numbers and the weight you use (if using weight).
- Body weight exercises
 - Perform 3-5 sets with a target number of reps (e.g. 12-15) or perform as many reps as possible in a given amount of time (e.g., 30 seconds).
 - Progress each week by increasing the number of reps and/or sets you perform.
 - Upper-body exercises
 - Push-Ups
 - Pull-Ups
 - Inverted Row
 - Lower-body exercises
 - Body Weight Squats
 - Pistol Squats
 - Single Leg Squats
 - Physioball / Towel Leg Curls
 - Glute Bridge
- Resistance exercises
 - Perform these exercises if you have access to free weights (e.g., dumbbells, kettlebells, barbells, etc.)
 - **Sets:** 1-3; **Reps:** 12-15; **Intensity:** 50%-70% of max; **Frequency:** 2-3 times per week; **Duration:** 20-40 minutes
 - Upper-body exercises
 - Dumbbell bench press
 - Bent row
 - Dumbbell incline press
 - Overhead press
 - Lower-body exercise
 - Front/Back Squat
 - Dumbbell Romanian Deadlift (RDL)
 - Deadlift
 - Dumbbell Split Squat
- Plyometric exercises
- Sprinting and agility exercises

Goal 3: Develop good self-care habits of sleep, nutrition and hydration

- Sleep
 - Try to get at least 8 hour of sleep each night.
 - Go to bed and get up at approximately the same time each day.
 - Attempt to go to bed and get up earlier.
 - Limit screen time for at least 1 hour before going to bed.

- Nutrition
 - Develop consistent eating habits at home.
 - Eat three main meals and regular snacks during the day.
 - This helps you maintain muscle mass, keeps you feeling energized all day, and helps with recovery after workouts.
 - If you were not in a good eating routine (e.g., eating breakfast), try to eat breakfast every day so when you transition back to school and training, you're in the habit of fueling right away in the morning.
 - Adjust your plate based on your phase of training.
 - Most athletes can focus on eating as they would during the off-season:
 - Fruits and vegetables (about 1/2 the plate)
 - Lean proteins (1/4 the plate)
 - Whole grains and starches (1/4 the plate)
- Hydration
 - Drink 1-2 cups of water after waking up each morning.
 - Carry a filled water bottle with you throughout the day.
 - Take sips frequently throughout the day.
 - Monitor your urine color.
 - When well-hydrated, your urine will be light yellow like pale lemonade.
 - If your urine is dark yellow or brown, like apple juice, you are likely dehydrated and you need to drink more.
 - Water, sports drinks and juices are your best options.
 - If your urine is clear, you are overhydrated, and you should drink less.
 - Drinking too much water can be dangerous!
 - Weigh yourself before and after long workouts (nude or near-nude).
 - For every pound of weight lost, drink an extra 16-20 ounces of fluid, preferably water, before your next workout.