

Sanford POWER Return to Competition in light of the COVID-19 shutdown Phase 2: Transition

Goals

1. Maintain a base of cardio fitness, improve strength and increase power
2. Prepare for sport-specific skill work
3. Refuel after your workouts
4. Take ownership and accept responsibility

Goal 1: Maintain a base of cardio fitness, improve strength, and increase 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.
 - You will adapt as your workouts progress. You are able to adapt at a greater pace if you challenge yourself and allow for adequate recovery.
 - Continue 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 4-5 times a week.
 - Start with 3-4 times a week and build up to 4-5 times a week.
 - If you build up to 4-5 days per week, you will have some consecutive days of training.
 - 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 seconds, 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 perform strength 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 (superset pushing/pulling) and power exercises (superset mobility) 3-5 times a week.
 - As you progress to 4-5 times a week, you can split your workouts by body part or type of movements.
 - Always use 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.
 - Resistance exercises
 - Performed with a coach in an available weight room and equipment (e.g., dumbbells, kettlebells, barbells, etc.)
 - **Sets:** 3-4; **Reps:** 8-10; **Intensity:** 70%-80% of max; **Frequency:** 3-4 times per week; **Duration:** 40-50 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
 - Full-body/integrated exercises
 - Clean
 - Front Squat to Press
 - Push Press
 - Bear Crawl

Goal 2: Prepare for sport-specific skill work

- Plyometric exercises
 - Focus on both launching and landing.
 - Slowly increase duration and intensity.
- Sprinting and agility exercises
 - High intensity with a short duration
 - Work to rest ratio may be as high as 1:8 or 1:10.

Goal 3: Refuel after your workouts

- Post-workout nutrition is even more important as your workouts increase.
- Make sure you are getting carbohydrates + protein within an hour post-workout to promote muscle growth and recovery.
 - Examples include chocolate milk, Greek yogurt or cottage cheese and fruit, a smoothie or protein shake.

Goal 4: Take ownership and accept responsibility

- This applies to athletes, parents, coaches and all other stakeholders
 - Taking ownership and accepting responsibility for your actions and behavior is everyone's job!