

COVID-19 GUIDANCE: INDIVIDUAL TRAINING



13 JULY 2020

With the resumption of swim, bike, run activity, it is important to recognise that there are some lasting effects of the lockdown period. This document intends to support you as you return to organised swim, bike, run events and activity and help you train safely and effectively. Guidance for elite athletes will be available via the relevant performance team.



Pool swimming

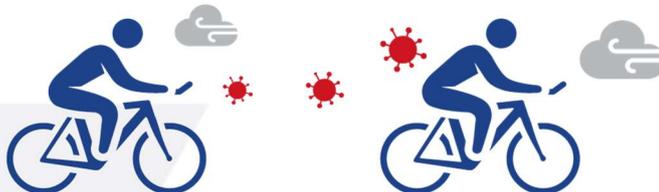
- ! Check with your pool operator before you visit to ensure that you are aware of any restrictions. Expect to have to follow new guidelines around changing, arriving at, and leaving the pool and hygiene.
- ! Don't overdo it when you first get back in the pool. Pace your training and allow your body time to get back into the rhythm of swimming again.
- ! Always maintain social distancing as directed. Be respectful of other swimmers who may be swimming at a different pace to you and follow the operator's guidelines around lanes etc.
- ! If you need to stop at any point, be aware of others swimming near you and keep to the edge of the lane, turning your head away from others and allowing enough space for them to continue.
- ! If you take any equipment with you such as floats or kickboards, check with the operator that this is allowed and ensure that you follow appropriate hygiene precautions.
- ! Swim Wales have provided comprehensive guidance to swimmers returning to pools - you can find that [here](#).

Open water swimming

- ! Never swim alone in open water. Always make sure that you swim with others or have others who are shore-based as you swim.
- ! Don't overdo it when you first start swimming. Pace your training and allow your body time to get back into the rhythm of swimming again. It is your responsibility to ensure that you are sufficiently fit and healthy to participate in open water swimming and that you swim to your ability.
- ! Follow the guidance of the venue operators – check before you go how this may have changed to accommodate Covid-19 requirements.
- ! Ensure that you maintain social distancing before, during and after your swimming.

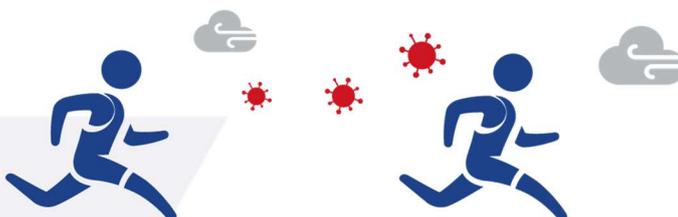
- ! Swim Wales have provided comprehensive guidance for open water swimming- you can find that [here](#)
- ! You can find more information on open water swimming from SH2OUT [here](#)

BIKE



- ! Please be mindful of other members of the public while cycling and maintain social distancing.
- ! Some research indicates that for cyclists (given your increased work of breathing and distance travelled during each breath) that a distance of 20 metres is more appropriate.
- ! When training indoors, spend 25% less time on your bike than you would have done outdoors to recreate the normal amount of effort you put into a session. The lack of freewheeling or cruising time indoors makes your session harder than on most outdoor rides.

RUN



- ! Remember to socially distance. Research for running shows that distances of up to 10 metres may be required based on your speed and breathing rate.
- ! Treadmill running can result in a harder effort to achieve the equivalent distance outside. As a result, you may need to reduce the time spent on a treadmill run compared to a similar session that would have been outdoors.

STRENGTH AND CONDITIONING (S&C)



- ✓ S&C should ideally already be an integral part of your usual triathlon training, to both improve performance and reduce your risk of injury.

- ! You may find that access to your usual training venues and/or equipment is still restricted.
- ✓ By being creative, you may be able to replicate some of your usual programs in your home environment. Many free resources online provide information and ideas on home training. BTF also has resources online which may be of use to you: [View them here.](#)
- ! If S&C is new to you, start with simple exercises with low weights. It is important to build up slowly as you would with any new activity.

GENERAL HEALTH ADVICE



- ✓ Continue to maintain high standards of personal hygiene. Wash your hands regularly for at least 20 seconds with soap (or use an alcohol hand gel of over 60%).
- ! Anti-inflammatory medications (e.g. ibuprofen aka Neurofen, Diclofenac aka Volterol, etc) are not advised for pain management of injuries until 48 hours after the injury occurred as they delay healing.
- ✓ Maintain a healthy balanced diet, with oily fish and plenty of fruit and vegetables to help boost your immune system.
- ! If you have had to reduce the time you spend outside for any reason, consider taking vitamin D supplements to maintain these levels.
- ✓ Currently, it is unknown how COVID-19 affects the body after the person has recovered. Depending on the severity of your illness, you may wish to take medical advice and/or undertake medical screening before resuming activity. Your GP can provide you with advice in this area.
- ✓ If you experience any COVID-19 symptoms, please take the steps outlined in the government guidance [here](#)

POST LOCKDOWN



When returning to activity and event participation, athletes should consider the following questions:

- ✓ Do I have enough time to train properly for this event?
- ✓ Should I start with a shorter distance than usual?
- ✓ Will the water temperature at that time of year be something I am used to?
- ✓ Have I got any potential health problems post COVID-19 that I should get checked out first?

If in doubt, then it is advisable to delay your return to competition until you are ready.