

BRITISH TRIATHLON

# TRAINING

THROUGH COVID-19

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Our overriding advice to any athlete at the moment would be to **STAY HEALTHY** through the enforced break that the coronavirus is bringing. Staying healthy through the virus does not have to mean not training, it does though mean that you should **consider options more carefully**. Hopefully thinking through the following questions will help here;

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## 1. What am I training for?

- With all the recent changes and races currently being cancelled for some time you may feel like taking a total break, or you may also want to keep training - either is fine at this point.
- If you want to keep training the focus should be on staying **generally fit**, and with that **happy** and **healthy**.
- Increasing the amount (either in overall volume or in percentage terms) of intensity in your weekly schedule is something to be aware of and **is a risk to your immune system**. Training indoors especially, it can be very easy to make every piece of training a 'session' but your **main focus** should be **enjoyment of exercise** and keeping yourself in balance, with hard sessions or virtual races a **small part of your overall mix**.

## 2. What about my immune health?

- Hard training (either through big volumes or lots of high intensity) stresses your system. This is a key part of training and your physical development that coaches are always trying to balance to ensure your system is not getting stressed too much or too little. Your immune system is one of the key areas that is stressed by training and in the current environment a **good, healthy immune system is critical**. Too much volume or too much intensity (or a mix of both) **will compromise your immune system** so work with your coach/es and look at your training and make sure **you are not over doing it**
- Recovery will be critical during this period, both physical and mental
  - Pay attention to both your sleeping patterns and sleep quality. If you find your sleep quality is disrupted then adjust/reduce your training and look at your sleeping habits to see if there is anything that can help or for other ideas check [here](#)
  - It is very normal to feel some stress or anxiety right now; these are abnormal times. If you are keen to explore how you can manage stress, anxiety or your well-being during this time **Mind** are offering some useful advice [here](#).
  - Nutrition continues to play a critical role during this time. Keep on top of recovery and focus on a good quality diet with plenty of fruit and vegetables, regular protein throughout the day, and adjusting carbohydrate intake relative to training volume



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## 3. What are my social responsibilities?

- What about the health of others you live with and their virus susceptibility?
- Am I staying within current government regulations?
  - We are all role models to the wider community so it is our obligation to lead by example and follow the set regulations

## 4. What about injury?

- Changing training routines is a common cause of injury e.g. running on a treadmill, doing a lot of swim cord work - this should be carefully considered
- Physiotherapists are not allowed to treat at the moment so take care not to do anything that might cause you to strain/sprain or otherwise injure yourself
- Similarly hospitals will not see sports injuries as a priority (e.g. in A+E) and orthopedic surgery, or operating on broken bones, is suspended

## 5. What if I get the virus?

- If you have **ANY** coronavirus symptoms e.g. fever, new persistent dry cough, headache, joint and muscle ache, extreme fatigue you should **stop all training immediately**
- See our medical guidance document [here](#) for more information, **especially** on returning to training

