

DE-Training

Reality

Covid - 19

March + April

Training Goals

None to Minimal

Cross-Training

Reality

Limited Training Facilities

April + May + June + July

Training Goals

“Cross Train” to reduce effects of
“De-Training”

Swim + Aerobic Dry Exercises +
Skillset In and Out of Water

RE-Training

Reality

Renewed Regular Access to
Training Facilities

August - September

Training Goals

Logical + Smart + Injury Free
return to “Normal Training”

Normal Training

Reality

Full Access to Normal
Training Facilities

September - March

Training Goals

Transition into 2021 with
your Training aligned to
your Goals for Summer
2020

■ Fitness Levels



