

# GYMNASTICS AUSTRALIA RETURN TO TRAINING & PERFORMANCE PRINCIPLES



Phases	Characterised By	Comments
<b>Current status</b>	Determined by Athlete Questionnaire & Individual baseline assessment (Fitness and Gymsport testing).	This will vary from athlete to athlete and current situation (and State). Determine current status before commencing any Gymnastics participation.
<b>Return to Participation</b> Graduated return to partial training at gymnastics hall	<b>Phase 1</b> Graduated return to participating in partial training at gymnastics hall. Maintain some at home training. Focus: <ul style="list-style-type: none"> <li>• Build fitness capacity and strength</li> <li>• Prehabilitation ready for impact loading</li> <li>• Low level basic skills</li> <li>• Commence repetitive loading</li> </ul>	Potentially a combination of partial training at gym, strength and fitness sessions and Prehab program. May involve combination of group training with individual training at home or via Zoom. May involve multiple steps to gradually shift into full load at the gym depending on work completed prior to reopening, age, injury history and level. Ensure training plan allows for adequate recovery. Estimated week range: 1–6.
<b>Return to Training</b> Graduated return to full training hours at gymnastics hall	<b>Phase 2</b> Culminates with ability to undertake full training hours at gym. Focus: <ul style="list-style-type: none"> <li>• Maintain strength and fitness focus</li> <li>• Progressive return to full training hours and load</li> <li>• Reintroduction of more complicated skills</li> </ul>	Even when able to commence full training hours this will need to include graduated return to apparatus. This may still include some strength training with external support from Strength and Conditioning Team. This phase will require careful monitoring of multiple impact repetitions in a session, day and week. Estimated week range: 7–12.
<b>Return to Performance</b> Ability to undertake full performance training E.g. Pre COVID-19 training with full training hours	<b>Phase 3</b> Full training hours and load with gradual increase in skill combinations and part routines. Focus: <ul style="list-style-type: none"> <li>• Maintain strength and fitness focus</li> <li>• Build skill difficulty and combinations</li> <li>• Commence new skill acquisition</li> <li>• Be aware of strength and fitness levels compared to pre-COVID-19 levels</li> </ul>	This will start to include increased combinations of skills and part routines. This will also include a graduated increase to repetition loads and build-up to full competition routine with careful increase in numbers. Monitoring essential with repetitions of impact loads. Use Pre-COVID-19 Benchmarks for management. Estimated week range: 13–16+
<b>Return to Competition</b> Preparation phase for competition performance.	<b>Phase 4</b> Full training hours with progressive building of competition routines in preparation for performance. Focus: <ul style="list-style-type: none"> <li>• Should be at pre-COVID-19 fitness and strength levels (or higher)</li> <li>• Build performance routine repetitions</li> </ul>	2021 Targets are realistic. Internal preparation camps and programs will enhance readiness internally before external competitions are allowed. Skill goals can assist with graduated levels. Estimated week range: work backwards from Benchmark events.

# GYMNASTICS AUSTRALIA RETURN TO TRAINING & PERFORMANCE PRINCIPLES



## Return to Training Principles — High Performance >20 Hours

Recommendation: Conduct thorough assessment of Isolation Training and Current Status before preparing your plan.

1. Questionnaire / Similar
2. Fitness Assessment
3. Gymsport-Specific Testing
4. Discussion

Week	Sessions	Days	Hours	Sessions	Days	Hours	
Week 1	3	Mon, Wed, Fri (one day off between sessions)	9				
Week 2	3	Mon, Wed, Fri (one day off between sessions)	9				
Week 3	4	Mon, Tue, Thur, Fri (two days on then one day off)	12				
Week 4	4	Mon, Tue, Thur, Fri (two days on then one day off)	12				
Week 5	5	Mon, Tue, Wed, Thur, Fri (every weekday, two days off)	15				
Week 6	5	Mon, Tue, Wed, Thur, Fri (every weekday, two days off)	15				
Week 7				7	Mon, Tue, Wed, Thur, Fri (two days with two sessions)	21	
Week 8				7	Mon, Tue, Wed, Thur, Fri (two days with two sessions)	21	
Week 9				8	Mon, Tue, Thur, Fri (four days with two sessions, No Wed)	24	
Week 10				8	Mon, Tue, Thur, Fri (four days with two sessions, No Wed)	24	
Week 11				9–10	Return to normal six days training schedule as able	30	
Week 12				9–10	Return to normal six days training schedule as able	30	
Week 13–16							Training at Regular schedule. Slowly increase skill repetition.

# GYMNASTICS AUSTRALIA RETURN TO TRAINING & PERFORMANCE PRINCIPLES



## Return to Training Principles — High Performance <20 Hours

Recommendation: Conduct thorough assessment of Isolation Training and Current Status before preparing your plan.

1. Questionnaire / Similar
2. Fitness Assessment
3. Gymsport-Specific Testing
4. Discussion

Week	Sessions	Days	Hours	Sessions	Days	Hours	
Week 1	3	Mon, Wed, Fri (one day off between sessions)	9				
Week 2	3	Mon, Wed, Fri (one day off between sessions)	9				
Week 3	4	Mon, Tue, Thur, Fri (two days on then one day off)	12				
Week 4	4	Mon, Tue, Thur, Fri (two days on then one day off)	12				
Week 5	5	Mon, Tue, Wed, Thur, Fri (every weekday, two days off)	15				
Week 6	5	Mon, Tue, Wed, Thur, Fri (every weekday, two days off)	15				
Week 7				7	Resume regular training schedule as able	20	
Week 8				7	Resume regular training schedule as able	20	
Week 9				6-7	Resume regular training schedule as able	20	
Week 10				6-7	Resume regular training schedule as able	20	
Week 11-16							Training at Regular schedule. Slowly increase skill repetition.

# GYMNASTICS AUSTRALIA RETURN TO TRAINING & PERFORMANCE PRINCIPLES



## Return to Training Principles — Competitive (Up to Six Sessions a Week)

Recommendation: Conduct thorough assessment of Isolation Training and Current Status before preparing your plan.

1. Questionnaire / Similar
2. Fitness Assessment
3. Gymsport-Specific Testing
4. Discussion

Week	Sessions	Days	Hours	Sessions	Days	Hours	
Week 1	2	One day off between sessions	6				
Week 2	2	One day off between sessions	6				
Week 3	3	Mon, Wed, Fri (one day off between sessions)	9				
Week 4	3	Mon, Wed, Fri (one day off between sessions)	9				
Week 5	4	Mon, Tue, Thur, Fri (two days on then one day off)	12				
Week 6	4	Mon, Tue, Thur, Fri (two days on then one day off)	12				
Week 7				6	Mon, Tue, Wed, Thur, Fri, Sat	18	
Week 8				6	Mon, Tue, Wed, Thur, Fri, Sat	18	
Week 9				5–6	Resume regular training schedule as able	18	
Week 10				5–6	Resume regular training schedule as able	18	
Week 11–16							Training at Regular schedule. Slowly increase skill repetition.

# GYMNASTICS AUSTRALIA RETURN TO TRAINING & PERFORMANCE PRINCIPLES



## Return to Training Principles — Recreational

Recommendation: Conduct thorough assessment of Isolation Training and Current Status before preparing your plan.

1. Questionnaire / Similar
2. Fitness Assessment
3. Gymsport-Specific Testing
4. Discussion

Week	Sessions	Days	Hours	Sessions	Days	Hours	
Week 1	2	One day off between sessions	6				
Week 2	2	One day off between sessions	6				
Week 3	3	Mon, Wed, Fri (one day off between sessions)	9				
Week 4	3	Mon, Wed, Fri (one day off between sessions)	9				
Week 5				4	Resume regular training schedule as able	12	
Week 6				4	Resume regular training schedule as able	12	
Week 7				4	Resume regular training schedule as able	6–12	
Week 8				4	Resume regular training schedule as able	6–12	
Week 9				4	Resume regular training schedule as able	6–12	
Week 10				4	Resume regular training schedule as able	6–12	
Week 11–16							Training at Regular schedule. Slowly increase skill repetition.

# RETURN TO TRAINING & PERFORMANCE PRINCIPLES



# ASSESSMENT — PREPARING TO RETURN TO TRAINING...

What are some key steps for a coach to consider?

*Manage expectations*

*Know your athletes*



*Individualised targets*

*Monitor health  
and wellbeing*

1

## QUESTIONNAIRE

Utilise the GA sample questionnaire or design your own to determine what the athletes have *actually* been doing during the isolation at home. Get accurate information!

2

## FITNESS ASSESSMENT

Undertake some form of fitness assessment to determine baseline general fitness. For example, utilising the Yo-Yo Test, the Counter Movement Jump Test or the Sprint.

3

## GYMNASTICS SPECIFIC

Determine the current gymnastics specific-fitness benchmarks to understand the current level of gymnastics specific fitness (e.g. leg lifts, rope climb) and use this to assist planning to move forward.

4

## DISCUSSION

Talk to your athletes to determine *how* they are feeling and what their current thoughts are. What might they be apprehensive about? How can you support and assist them? What other areas of information do you need?