

# 50 | 30 | 20 | 10 Rule

## RETURN TO TRAINING

Fresh Food First Policy.

No evidence to support megadoses of Vitamin C to support immune function or combat covid19.

Good evidence to support the use of Vitamin D3 over winter months for athletes to lower the risk of upper respiratory tract infections (colds).

Good evidence to support the use of Zinc Gluconate at the onset of cold symptoms to reduce their duration & severity.

Good evidence to support the use of Folate (a B group vitamin) during pregnancy to prevent birth neural tube defects, such as spina bifida.



### TIMING

Allow 5 weeks before commencing competition



### WARM UP

Provide a targetted & structured Warm Up for 10-20 minutes.  
Allow for social distance in Warm Up

## 1 WEEK

### CONDITIONING

Reduction of 50%  
from max conditioning volume.  
RPE max of 6/10.  
Time = 20 minutes

## 2 WEEK

### CONDITIONING

Reduction of 30%  
from max conditioning volume.  
RPE max of 7/10.  
Time 25- 30 mintes

## 3-5 WEEK

### CONDITIONING

Reduction of 20%  
from max conditioning volume.  
RPE max of 8/10.  
Time = 30 - 45 minutes



### PLYOMETRICS

Commence with less than 70  
foot contacts per session  
with 1: 4 work to rest ratio



### SPRINTING

Commence with 210 metres total dist.  
eg: 6 x 35 metres with 90 sec rest  
between each sprint.  
Week 2: 240 metres 70 secs rest  
Week 3: 260 metres with 60 secs rest



### WEIGHT TRAINING

Frequency:  
Week 1: 2 sessions. W:R = 1:4  
Week 2: 2-3 Sessions. W:R is 1:4  
Intensity 3 sets x 12 reps @ 0.65 of 1 RM.  
or 5 x 8 reps @ .70 of 1RM

#### References:

Potach DH, Chu DA. Program design and technique for plyometric training. In: Essentials of Strength Training and Conditioning.

Haff GG, Triplett NT, eds. Champaign, IL: Human Kinetics, 2016. pp. 471-520.

CSCCa and NSCA Joint Consensus Guidelines for Transition Periods CSCCa and NSCA Joint Consensus Guidelines for Transition Periods

Safe Return to Training Following Inactivity. Caterisano, Anthony Co-Chair. Strength & Conditioning Journal: June 2019 - Volume 41 - Issue 3 - p 1-23\*

Performance Enhancement Team 2020

Michael Donaghy, Exercise & Sports Scientist.

Dr Stephen Bird, Performance Scientist

Michael Abromowitz, Switzerland Touch