

How to design your own home workouts

DON'T LET COVID-19 RUIN YOUR TRAINING



1.) REASSESS YOUR SHORT AND LONG TERM GOALS

Your long-term goals may not change, but the effect of COVID-19 on the world may make you reflect on what you need to achieve in the short term. Review what equipment you have available and prepare to get creative as you set to work on the factors you can control. What are your short-term goals?

2.) WRITE DOWN ALL OF THE POSSIBLE EXERCISES

In 15 minutes write down as many exercises you can perform based on the equipment available. Get creative, use Instagram and Youtube. You'll be surprised at how much is possible with so little equipment available.



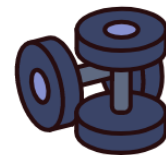
3.) PLAN YOUR WEEK



Before planning your training sessions start by planning your training week. How many times will you train a week? What time of day? It's vitally important that you're consistent with training, so planning the week ahead will ensure you have a consistent routine.

4.) START YOUR SESSIONS WITH THE IMPORTANT EXERCISE FIRST

The most important exercises in your training (depending on your goals) require you to be fresh when performing them. These exercises are usually the most important exercises for adapting yourself to improve sports performance. Choose which exercises are the most important and always start your sessions with them.



5.) BE CREATIVE WITH YOUR CONDITIONING



After your main exercise, add some conditioning. Be creative with your choice of sets, reps, and choosing from your exercise list when designing conditioning workouts. You can structure these sessions using an exercise every minute on the minute (EMOM) strategy, completing rounds of a circuit of exercises for time, or complete as many reps as possible in a given time domain (AMRAP).

6.) PLAN EASY AND HARD TRAINING SESSIONS

Now you've planned your session for the week, you need to identify which sessions will be hard and which will be easier. You can't train at 100% all the time. This will lead to burnout and stop you being consistent with training. Use the 80/20 rule. 20% of your sessions will be hard to very hard, and the other 80% of sessions will be a moderate to easy effort (breathing hard but you can still talk)

