

COVID-19 : TRAINING CONSIDERATIONS

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Designed by @YLMsPortScience

Many athletes can be infected without knowing it, with little or no symptoms at rest. They are, however, likely to suffer from severe exercise-related heart problems if they do not follow the following simple advice

EXERCISE & IMMUNITY

01

Regular physical exercise is good for your general health, weight management, for boosting your mood and your immune system against the virus

02

But too intense or overly long sessions lowers your defenses. This could increase the risk of being infected or the risk of worsening an existent clinical condition, as the virus can spread through the body and reaches other organs, such as the heart

Images provided by PresenterMedia



FEVER

03

Even if you're feeling well, measure your temperature twice a day. Do this also when you feel feverish or have a strong cough

04

If you have or have had a fever, you must refrain from any physical activity for a minimum of 14 days after the fever has subsided. Above all, you must contact your doctor

05



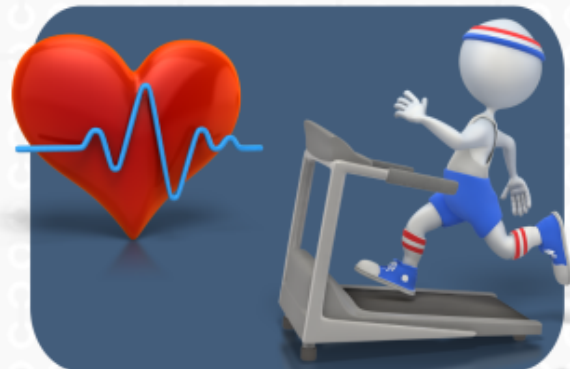
If you have no symptoms, do not take paracetamol as a preventive measure: this could mask the fever and make you unaware of your infection.

06

It is forbidden to consume anti-inflammatory drugs, cortisone or aspirin

CARDIO-TRAINING

07



Limit the session duration to 1 hour maximum

08

Do 2 sessions during the day instead, with a minimum of 3 hours of rest and rehydration between the sessions

09

Limit the maximum effort level to 80% of your maximal heart rate