

**SOVA - Return to Activities  
Cycling Training Plan Template**



Components	Phase 0	Phase 1	Phase 2	Phase 3
<b>Description of Phases</b>	Stay at home order in place & public facilities are closed	Stay at home order is lifted, restriction on size of mass gatherings (<10 people)	Size restrictions on mass gatherings are increased (<50 people), public facilities are open	No restrictions on the size of mass gatherings and public facilities are open.
<b>Level of Engagement</b>	<ul style="list-style-type: none"> <li>● Virtual activities, no in person meetings or activities</li> <li>● Ride only with family members or those living in your household.</li> <li>● Virtual coaching</li> </ul>	<ul style="list-style-type: none"> <li>● High Risk individuals should continue to remain at home</li> <li>● Engage in solo training and small group rides</li> <li>● Do at home sport specific strength and agility exercises alone or with household members</li> <li>● Virtual Coaching &amp; Activities</li> <li>● <b>Sport Specific Modification Engage in small group rides of less than 10 people</b></li> <li>● <b>Mid-day rides on a weekday instead of a weekend</b></li> </ul>	<ul style="list-style-type: none"> <li>● High Risk individuals should continue to remain at home</li> <li>● Continue solo family rides and small groups rides</li> <li>● <b>Sport Specific Modification Distance: ride side by side or more than 20 feet behind. The farther away the better, but with a mask and low risk riding partners, distances of 20 feet are likely safe</b></li> <li>● <b>Ride in groups of &lt;50 people</b></li> <li>● Cover your mouth and nose with a cloth face cover when around others</li> </ul>	<ul style="list-style-type: none"> <li>● Return to traditional training</li> <li>● Continue practice at home</li> </ul>

		<ul style="list-style-type: none"> <li>● Cover your mouth and nose with a cloth face cover when around others</li> <li>● Clean and sanitize all cycling equipment after each ride</li> <li>● Bring all necessary liquids and foods to be able to provide for yourself</li> </ul>	<ul style="list-style-type: none"> <li>● Clean and sanitize all cycling equipment after each ride</li> <li>● Bring all necessary liquids and foods to be able to provide for yourself</li> </ul>	
<b>Recommended Activities, Skills &amp; Drills</b>		<ul style="list-style-type: none"> <li>● Utilizing areas with low traffic and maintaining as much distance as possible when you come across another cyclist or pedestrian.</li> </ul>	<ul style="list-style-type: none"> <li>● Utilizing areas with low traffic and maintaining as much distance as possible when you come across another cyclist or pedestrian.</li> </ul>	