



Quarantine to Quidditch: A guide to returning to match fitness

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This article is part of the “Ask an Athletic Trainer” series developed by the USQ Risk Management Team. After a year of being sequestered in our homes we are anxious to return to doing the things we love. One of the things we love is quidditch and the high pace of the game requires a certain level of fitness. With that in mind the following sections provide a blueprint for a gradual return to match cardiovascular fitness. **NOTE:** Prior to beginning any fitness program, please consult your physician, especially if you have a history or cardiovascular (heart) or respiratory (lung) dysfunction.

For questions about the information listed below, email the USQ risk management team at riskmanagement@usquidditch.org.

Foundation

The foundational phase consists of 3 weeks of low to moderate intensity aerobic exercise to get the heart and lungs prepared for higher level exertion.

Week 1	20-30 minutes of movement 4-5 days	Movement consists of walking at 3.5 to 4.0 miles per hour (mph) continuously. or Intermittent walking (3.5-4.0 mph) and jogging (5.0-5.5 mph)
Week 2	30-40 minutes of movement 4-5 day	Movement consists of walking at 3.5 to 4.0 miles per hour (mph) continuously. or Intermittent walking (3.5-4.0 mph) and jogging (5.0-5.5 mph)
Week 3	30-40 minutes of jogging or interval training 4-5 days	Continuous jog at 5.0-5.5 mph or Interval runs- jog for 2 minutes, then sprint 10 seconds

Conditioning

The conditioning phase consists of anaerobic training to prepare the body for the vigor of match conditions.

Week 1	Days 1 and 3 5-minute warm-up jog 40-yard sprints (1/2 to 3/4 speed) x 10 reps 30 second rest between sprints	Day 2 and 4 5-minute warm-up jog 400-meter run (1/2 to 3/4 speed) 4 times Rest 2 minutes between runs
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Week 2	Days 1 and 3 5-minute warm-up jog 40-yard sprints (1/2 to $\frac{3}{4}$ speed) x 15 reps 20 second rest between sprints	Day 2 and 4 5-minute warm-up jog 400-meter run (1/2 to $\frac{3}{4}$ speed) 4 times Rest 1 minutes between runs
Week 3	Days 1 and 3 5-minute warm-up jog 40-yard sprints (1/2 to $\frac{3}{4}$ speed) x 20 reps 10 second rest between sprints	Day 2 and 4 5-minute warm-up jog 400-meter run (1/2 to $\frac{3}{4}$ speed) 4 times Rest 1 minutes between runs
Week 4	Days 1 and 3 5-minute warm-up jog 50-yard sprints (full speed) x 10 reps 15 second rest between sprints	Day 2 and 4 5-minute warm-up jog Gassers (full speed); 6 times (50 yards down and back twice) Rest 1 minute between each gasser
Week 5	Days 1 and 3 5-minute warm-up jog 50-yard sprints (full speed) x 10 reps 15 second rest between sprints	Day 2 and 4 5-minute warm-up jog Gassers (full speed); 8 times (50 yards down and back twice) Rest 1 minute between each gasser
Week 6	Days 1 and 3 5-minute warm-up jog 50-yard sprints (full speed) x 10 reps 15 second rest between sprints	Day 2 and 4 5-minute warm-up jog Gassers (full speed); 10 times (50 yards down and back twice) Rest 1 minute between each gasser



Match Preparation

Match preparation involves maintaining the progress gained during the conditioning phase. The running is a hybrid of the foundation and conditioning phases and will help carry you through the quidditch season. The intensity of conditioning during the match preparation phase is decreased the day prior to the match to allow recovery for optimal match performance.

> 1 day before matchday	1 day before matchday	Following matchday
5-6 Gassers with 1 minute recovery between gassers	Stretch and recovery	15-to-20-minute jog continuously (5.0-6.0 mph)

