What If I Get Sick?

People get sick. It happens. How do you handle being under the weather in the middle of a training cycle? Many people might tell you to push through it, but I take the opposite approach. You are not doing yourself any favors by stressing your system when you're feeling less than 100%. If you catch a bug during the season, the best thing to do is simply take time off to recover before jumping back into training. You wouldn't try to run on a broken leg, so don't force it with broken lungs!! Here are some tips on getting back on the wagon if you start to develop the sniffles.

- Rest. Sleep is going to be your best friend. The moment you realize you are coming down with something, scratch the workout, cancel your meetings, take a sick day and stay in bed. Catch it early to avoid complications later on.
- Hydration and nutrition. Sleeping well doesn't do much good if you aren't eating properly and getting enough fluids into your system.
- Stretch and roll. Just because you shouldn't run doesn't mean your training comes to a standstill. Use the extra time to work on mobility/flexibility and get to know your [foam roller](). Modalities like stretching and rolling will not stress your system the same way running will, so you can still do something healthy without taking a step backwards in your recovery.
- Don't be a hero. Be honest with yourself about your return to running, especially after extended time off. You want to ease back into things, make sure that you are fully recovered and gradually re-introduce the workouts into your routine. Be flexible with yourself as you make the transition.
- Don't make up for lost training. Let what's in the past stay in the past. It might take a day or two for your lungs to feel normal, but it will happen. Don't try to squeeze two weeks of training into one week...you'll do more harm than good!