

Should You Run?



YES

Do you have a fever?

NO

TIME TO REST

The universe has given you a rest day (or two), so enjoy it! "If you lay low and rest when sick, all of the energy of the immune system can be used against your cold or flu," shares Fleshman. "If you go out and do a workout just because it is on your schedule, then your body won't fight your illness as effectively." Besides expending much-needed energy, you risk the chance of dehydration, especially if you have a stomach virus. So take it easy, relax and lay out your plan of attack—for after you recover.

Are symptoms above or below your neck?

BELOW

ABOVE

Are your symptoms accompanied by muscle aches?

YES

NO

Are you taking antibiotics?

YES

NO

ENJOY AN EASY RUN

Getting outside and enjoying a nice, easy run is okay—but make sure to keep it that way (easy!). Runners know that sometimes you have to change your expectations on runs or in races because of weather or fueling issues. A bug is no different. "Your cold may be an indication of fatigue," states Ruth England, founder of Rogue Running in Austin, Tex. So skip the track or those intervals you had planned and keep your workout light. Running a race? Save that personal record attempt for another day and enjoy the sights and sounds on the course.

Is this a training run or a race?

2+

How many symptoms do you have?

1

TRAINING RUN

RACE

Can you choose another race?

YES

NO

Are you prepared to be sick afterward?

NO

YES

RUN OR RACE AWAY!

Feel free to hit the roads or trails and do your normal workout. "With head colds," Dr. Ellison says, "sometimes we feel better getting out and getting some mileage in to help flush out the congestion." As always, listen to your body, but don't be afraid to move your legs and go for your goal.