

Flu and running.

How many times as a runner did I have to suspend trainings and competitions under the consequence of flu discomfort!

And as a coach, how many times have your runners approached you to tell you they feel sick and that the flu has ruined their training!

For my job as a coach! Many times it has happened. This morning two of my runners called me to tell me that they have not been able to train due to severe pain and flu symptoms.

Usually the first thing my runners ask me when they have the flu is what do I do, rest or training? because they are very afraid of ruining their training plan, or worse, to have his physical condition come down for not training for a few days.

Before such a question, I always ask them if they have fever. In case they response be positive I recommend them to resting for two or three days, and if during that period the fever still persists, I recommend visiting the doctor immediately, and for any reason I recommend them taking some type of medication, that's the specialist responsibility, and I cannot prescript any medications to my runners, it is a medical duty, and for I believe I do have more of a cosmonaut than a doctor. (LoI)

However, as I said earlier, I do not keep giving some advice for the ones who need it, and based on my own experience and from what I heard from other colleagues and runners, first of all I suggest them to take a rest if there is a fever. Fever is a response to a situation that has been getting a little more serious than we can think, so the body starts to react against that abnormal situation, and training with fever is not advisable as they are running risks without necessity.

Several studies indicate that physical exercise stimulates the runner's immune system, while a moderated training can help a better functioning of the organism before virus attacks, however, when we train at high intensities its decreases the body's immune capacity. On the other hand, if the symptoms of the flu are located in the upper part of the breathing system, that is, nose, larynx, throat, etc. and are not as difficult to one as a coach and for the athlete for deciding if training or not, since a softly training could be beneficial, but if there is cough and pain in the muscles that intervene in breathing and muscular pains with high fevers, that decision will correspond to the specialist since training in this situation is not convenient.

They must maintain a very good hydration to avoid dehydration; in addition water can help to dilute bronchial secretions. In case of very severe cough, they should go to the doctor and if he allows it they can substitute their running training for a few days of stretching sessions, workouts at the gym or eccentric exercises and of technique, In that way they will return in better shape to the races. Do not neglect body temperature because when training the thermal sensation is much higher. Never let their wear wet clothes with sweat dries on them, so I recommend always them to bring a dry shirt and an extra towel so you they dry off and replace the sweaty clothes, as well they avoid many colds, eat healthy, hydrate properly themselves and avoid in periods of very intense exercises to exposed for long time near large groups of people since the windows for the entrance of viruses to the body are very open after strong training sessions.

Remember, you cannot avoid getting the flu, but you can take some actions to recover faster of them.