

TRAINING PLAN

FOR A HEALTHY START AFTER HAVING A COLD

DAY	RUNNING	CONDITIONING/ STRENGTH/FITNESS	TIPS
1	Session 1: very easy, with a few stretching breaks in between Length: 15 - 20 minutes Intensity: recovery	>>> short cool-down stretching afterward	Keep this run short and easy.
2	REST	REST	Give your body a chance to recover from the first session.
3	Session 2: still very easy Length: 30 minutes Intensity: recovery	>>> short cool-down stretching afterward	Keep it easy and increase the length, but only if your body handled the first session well!
4	REST	REST	Give your body a chance to recover from the second session.
5	Session 3: very easy Length: 20 minutes Intensity: recovery or aerobic endurance	>>> short cool-down stretching afterward	Increase the intensity of sessions 3 and 4 slightly.
6	Session 4: very easy Length: 30 minutes Intensity: recovery or aerobic endurance	>>> short cool-down stretching afterward. If you are feeling strong enough, you can follow this with a bodyweight workout.	Exercising two days in a row eases your body back into continuous training. Note: Only do session 4 if you were able to complete session 3 in its entirety without difficulty.
7	REST	REST	Recover from sessions 3 and 4.
8	Session 5: very easy Length: 30 minutes Intensity: aerobic endurance	>>> short cool-down stretching afterward	Sessions 5 and 6 should be run at your usual aerobic endurance pace. You should also increase the distance to get your body used to training at your normal effort.
9	Session 6: very easy Length: 40 minutes Intensity: aerobic endurance	>>> do a 30-minute bodyweight workout afterward	Only do session 6 if your body handled session 5 well.
10	REST	REST	This is the last day of your healthy comeback. From now on, you can train as usual.