

flu recovery



[achilles33](#) 13 posts since

Sep 15, 2008

Hi guys and gals!

I am still recovering from the dreaded flu. Well first and foremost I ran 8 miles on Saturday and I felt weird when I was finished and my body started to ache. I thought that was normal because I ran 8 miles. Well Sunday I was still aching and took something for my body aches. Later Sunday I got the chills, my throat hurt and everything happened all at once, I literally got slammed. Well, I confined myself to bed for a couple days. Today I feel better but I not good enough to start back running. The problem is that I am training for a half marathon and I do not know how me being sick is going to impact it. I am not going to run unless I am 100 percent and this flu has literally kicked my behind. What do I do about my training? Can I still do the half marathon? Any help would be appreciated.



[LMc](#). 34 posts since

May 14, 2008 1. **Re: flu recovery** Feb 10, 2009 5:42 AM

When is your race? Most likely, as long as you are well on race day, and you haven't been slacking in your training to this point, taking a week off for sickness won't hurt your race day. In some cases that extra rest will actually help you, since you may not have given yourself enough rest days up to this point. But, it depends on how far in the distance your race is.

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Sorry you're feeling sick!



[achilles33](#) 13 posts since

Sep 15, 2008 2. **Re: flu recovery** Feb 10, 2009 5:46 AM

↑ in response to: [LMc.](#)

It is a half marathon....



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Sep 15, 2008 3. **Re: flu recovery** Feb 10, 2009 5:46 AM

↑ in response to: [achilles33](#)

and I forgot it is April so not that far away