## TRAINING PLAN
### FOR A HEALTHY START AFTER HAVING A COLD

<table>
<thead>
<tr>
<th>DAY</th>
<th>RUNNING</th>
<th>CONDITIONING/STRENGTH/FITNESS</th>
<th>TIPS</th>
</tr>
</thead>
</table>
| 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  
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. |