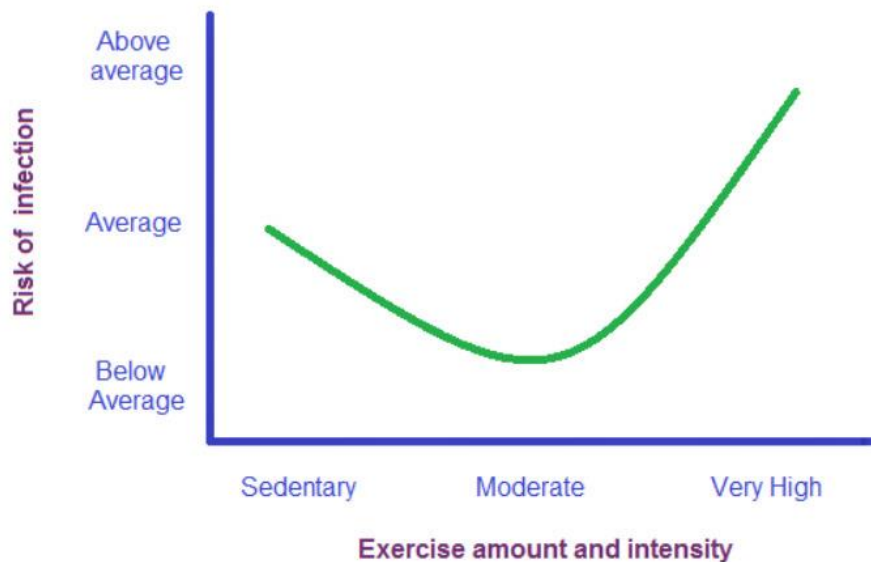


# 3M Gorseinon RR Guide to

## IMMUNE SYSTEM & INTENSITY/DISTANCE RUNNING

This is a polite notice to members to make you aware, of how your effort and the distances you run, can affect your immune system. It does not take into account your current mental state which also can affect your immune system.



Intensity	Running Time	Immune System Down
Easy/Moderate	<45min	<b>BOOSTED</b>
Hard/Max	>45min	<b>2-8 hrs</b>
Moderate/Tempo	>1½hrs	<b>24hrs</b>
Easy/Moderate	>3hrs	<b>72hrs</b>

### THIS IS GOOD:

Moderate pace and occasional tempo pace exercise of up to 45mins can boost your immunity, if factored in with easy running or rest days.

### THIS IS NOT SO GOOD:

- Maximum effort running > 45mins lowers immunity for several hrs (maybe overnight).
- Long run >1.5hrs immune system down for approx. 24hrs.
- Very long run >3hrs immune system down for approx. 72hrs.

If you place yourself in a public place when your immune system is depleted, you are exposing yourself to extra risk during this Pandemic.