

Ideas on a new way to train by Kim Mazzucca

Unfortunately I don't get down to the club training sessions very often mainly due to the fact I work permanent waking night shifts and feel too pooped to train in the evenings !! However I'm just learning to use the computer at home so thought I'd get in touch. I have side tracked a little since my long recovery from achilles injury last year. I discovered another sport called cani-cross (cross country running with dogs) which started as a fun have a go at Westonbirt, and has rapidly become my main aim since being selected to represent the UK in the European Cani-Cross Championships in Hungary in October of this year. I will be expected to attend some summer training camps, without my dog (too hot for the dogs)! They are planning to hold them in the FOD too !! its truly fantastic fun and I didn't even know there was an actual sport where you could compete with your dog in running races !! (more info on canix.co.uk) It certainly helps keep me motivated to run I have always taken my dogs with me on training runs and also when I ride my horses. There are even events for cycling with dogs too ! (bikejoring) I also find my running is benefiting from doing canix as I don't over train like I used to. My dogs are very fit and healthy too!! My recent performance at FOD half was purely off canix training as my dog and I have been slowly building up our mileage in preparation for our next challenge the Neolithic Half Marathon at Stonehenge on May 3rd. I believe there was a write up in Runners World last year about this event. Canix runners set off half hour before the main marathon starts. My dog Foxy (a parsons jack russell) hope to break last years winning female time of an impressive 1 hr 40 min (good human time let alone with a dog !!) we have been round the FOD half marathon course a couple of times complete with the required 1 litre of water we must carry over the last few weeks and its looking very promising !! Above all we want to enjoy the fun of taking part in the challenge. At least one has a different excuse for a slow time !!The end of the season is 17th May at Cheltenham racecourse. Maybe I can tempt a few FOD runners to take part !! All events (except May 3rd) are held over the standard 5k distance and any body can do it no matter what type of dog you have ! There is a man with a sausage dog that competes ! Sorry I've rambled on ! Regards