

Aoife O'Connor

10 mile Hope and dream race

Its been emotional....giving up inter county camogie, congratulating myself on having a new year without the pressure of fitness tests and the pain of endurance training only to discover that training for the Hope and Dream ten is just the same but with a different name...a rose by any other name...

Happily there was Lanzarote for a week to break my fall into race season. Off I trotted with the lovely Wexford ladies to celebrate the 2011 camogie victories and do some 'bonding'! Most girls chose to read and go for long walks on the beach, while I chose to practice my double entendres by the pool bar. Suffice to say it wasn't quite the disciplined week but I did manage to get a few runs in on the beach. If only you could bring the beach and the heat home! 2 days back home and it was off to Dublin with Meánscoil Gharman for the Young scientist exhibition. Its hard for everyone to establish a routine in the new year but for me a routine will be more attainable from now on.

I have found Gerrys plan very good. I'm encouraged that I can keep up with the Intermediate plan so far. I'm sure the pain is yet to come but it'll be all worth it when I bring home the gold in the Olympics 2012!! The one person who can appreciate my apprehension is the brilliant Gerry who knows better than anyone that I was built for speed not distance! All the more of a challenge and I suppose when you consider the cause we're supporting all complaints are nullified.

So, the aim for the next few weeks is to establish a routine. I need to get more on top of healthy eating and use Paula's plan. All the old bad habits resurface over winter, especially Christmas and its time to put them back in their box!

I have picked up a running mate or two but to be honest I prefer to run on my own and not be under pressure. I find that turns me off. Also I'm playing in a squash tournament in Enniscorthy Squash club shortly so a few games will break up the monotony.

I want this to be an enjoyable experience so I've made a rule in my head that if I'm damaging my overall motivation by pushing through an unenjoyable run then I'm better off to cut my losses and do it another time. Its not inter county camogie anymore and there has to be personal perspective.

People talk about the running bug. I'm still waiting to be bitten, but for now I'm delighted to have a personal objective if only for health reasons in the absence of camogie. And as for motivation, well its all in the name.