

Alan Corcoran – Excerpts from a race diary

"The great thing about running is that no two days are the same... I have lost count of the number of times I have set off feeling good and running sluggish or feeling sluggish and running well... and that unpredictability is what makes running special. It keeps you on your toes! I have my own running schedule that is very much determined by the seasons winter months 3 to 4 times per week, Spring 4 to 5 times, Summer 5 to 6 times and Autumn 4 to 5. The distances vary but I try never to run below 5 miles at a time. My favourite run is the Saturday morning one with my buddy Dave Dempsey { he knows all there is to know about running and is a great motivator} and there is a saying a running friend is a friend for life and that is definitely true. Before the Hope and Dream 10 came on the scene my plan was to run the 3 half marathons in the county but the 10 miles distance is very attractive and with the Enniscorthy 10k coming on the 12th Feb preceding it, it has got me focussed earlier. Over the Christmas and early new year period I bumped up the miles a bit as I was on Holiday and got in a couple of 8 mile runs at a slow pace. At the moment I am doing mostly 10ks but as I get older I am definitely getting slower! However I would love to do the 10 miles at 1hr 30'! ...Diet wise it could be better as I have a sweet tooth but apart from that and the odd cold or bug everything is fine. My favourite time to run is before I head in to the Radio. 6am starts are magic especially along Wexford Quay front. The only other advice I would give is stretch before and after running and have two or 3 pairs of running shoes on the go at the same time for comfort and the same applies to kit. Dave always recommends gloves hat and skins for the cold winter runs ... All this talk has made eager to do what? ... you guessed it ... go for a run... Wide open spaces, Fresh air, wind in your face ... Magic!"