

February

16.02.2010

Kung Hey Fat Choy to everyone who has, like me, been celebrating Chinese New Year this week. For those that have to run in the cold, dank weather, there isn't so much reason to cheer. Training should be well underway for most of us, and to a degree it was for me too. However, I have succumbed to an injury which means I have been unable to train for almost two weeks. So what is this injury I hear you cry? Did you try and hit too many miles at once? Fall into a ditch while running? Pull a hamstring? No, I hurt my back...while picking up my son. It might sound a bit ridiculous, but I have been in a LOT of pain!

Ok, so training isn't going so well for me this moment, but my running partner Mark is flying ahead. He has been sticking to his schedule, and managed a 13km run, powering the first 10km in 48 minutes. Impressive stuff, but I congratulate him with a touch of chagrin due to my own predicament. Hopefully I shall be back amongst the running fold within one or two weeks, providing the doctor gives me the green light. Pulling out at this stage is not yet in my thoughts.

For more about us, please visit <http://www.tpmarathon.co.uk>

Picture : Instead of running I have been reluctantly celebrating Chinese New Year

