

# Hogdogs

## An occasional blog from a Hogweed Dog!

Hi, my name is Huggy and I am a Labrador Retriever. I have just turned 1 years old so have been given the thumbs up from my vet to start the Couch to 5k. This is because I am still growing and I can't do too much to soon. I take my human out regularly for a jog before work and they tell it helps them get through the day at work more easily, they do an office job so to be fair they would not move much otherwise.

I am learning quite a bit, notably the rules of going through fields where I must not chase sheep, or put myself in a position where cows could be startled. I don't run in full sun as I will dehydrate, and I make sure that my human carries a Doggy water bottle & treats for me. After each run, I take my human to a coffee shop as a reward.

My human is rather slow keeping up with me - but I am training them to get fitter. My goal is to keep my human active and help their mental well-being as a result. I would like to start doing some [Canicross](#) when I am 2 years old and ready to go longer distance on cross country runs. I will keep you posted on that one.



So, Hogdogs, stay safe in the summer months and keep hydrated. And remember to start small if you are new to running, or if your own human needs to ease themselves in gently. It is a team effort and they will thank for it.