

**Organisation:** Joggy Doggy

**Sport:** Canicross

**Location:** Cranbrook/Hawkhurst

**The offer:** Canine Exercise and Personal Training Service

### Details:

Canicross is walking or running whilst being attached to a dog. Classes are run for all abilities and it's an excellent way to get fit and train in a group which is friendly and supportive. They start with a dynamic warm up and include dog training, handling exercises and trail walk/runs. Kent Sport recently tried Canicross for themselves and joined the group for their Tuesday morning session in Hawkhurst. Running with 2 year old rescue dog Zula it was amazing the pull having a dog attached to you actually gives, much needed when tackling hills! The ladies who attended, all with different breeds of dogs, were full of praise for the sessions. Some didn't used to run but now do. Some felt it wasn't about the running but about spending time with their dogs and having social interaction with them as well as given the dogs a good work out and not just a walk. Joggy Doggy has received support from the Run Kent Programme which has seen more than 6,000 new people take up running since 2012. The group leader Jenny has entered competitions and came away with a silver medal at the European Canicross Championships and she has also demonstrated at Crufts!

### Quote:

"This is killing two birds with one stone. It keeps me fit and gives the dog a good workout too."

### Top tips:

- Encourage runners to enter a race and go along as a team - great motivation to train
- Get some tops with your group name on to promote a sense of belonging to a team
- Organise a social event even if it is just post run/race coffee and cake
- Encourage your runners to use social media to promote the group and their own efforts eg take a 'survivors' photo to capture those brave enough to come out in really bad weather
- Vary warm ups, running drills and routes to keep sessions fresh and interesting
- Keep your skills and knowledge up to date by attending courses, background reading etc

**Further information:**

For more information about these sessions visit the [Joggy Doggy website](http://joggydoggy.co.uk) or alternatively contact Jenny via [joggydoggy.co.uk@gmail.com](mailto:joggydoggy.co.uk@gmail.com).

For details on The Run Kent Programme please visit the [Running pages on the Kent Sport website](#).

