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You're committed to staying fit, but there are those days when you need a little extra motivation. Have you tried working out with an Irish wolfhound? They're the ultimate drive enhancer.

Your crazy schedule could easily keep ten people busy. So its important to get the most out of your workouts. But the thought of the gym, with its mindless repetitions and treadmill to nowhere, leaves you cold. There *has* to be a smarter way.

Enter the Irish wolfhound, 160 pounds of motivation and surprises. These highly intelligent canines were bred to snatch knights from saddles and harrow and destroy packs of wolves. Bring one home and their lifestyle will quickly become *your* lifestyle and you'll get intense workouts, often at the darnedest times. So leash up, soldier. Here's a typical wolfhound workout:

Smell the roses, the hydrant, benches...

Walking a wolfhound starts off slow. Like, at a dead standstill. They sniff. A *lot*. To a wolfhound, the air is swimming with scent vapors. They can detect scent molecules that are two-weeks old. A stroll down the sidewalk is like going to the library to them. And you are going *nowhere* as they sniff every blade of grass, every tree and bush and sometimes go back to resniff and cross index.

This is good. As they lean into the bushes and pull under benches, you stretch. Thoroughly. From your soles to the tip of your ears. You may hear joints popping. Don't be alarmed. You'll need to be loose for things to come.

It's just an easy lope.

With no rhyme or reason, your wolfhound will suddenly decide it's time to see the countryside. They can run 40 mph. But relax, this is just a gentle lope, not fast enough to make you sprint, but certainly not leisurely enough for speed walking. Wolfhounds once coursed alongside their masters on horseback. They can keep this up all day. And you were

worried about a good cardio.

Let's not forget those core muscles.

Just when your heart rate is rising and you can feel the burn, you'll put your core muscles to sudden and complete use when your hound stops and ambles over to a scent on a bush...and you stop, too, or have your arm ripped out. Once they've activated that nose again, they often fall into a pattern of darting off, stopping, darting off and stopping. Rinse and repeat. The phrase, "Staying on your toes" doesn't begin to describe the contortions, loops and knee-jamming turns you'll make. Aerobic, anaerobic, martial arts, there's something for everyone. You'll soon be as jumpy as a ninja on night patrol.

And now it's time to soar.

Wolfhounds can be whimsically capricious. They may suddenly plop down in the shade for a breather. Now is not the time to check your smartphone, though. Invariably, whether you're in the middle of Manhattan or working out on the beach, there'll be a squirrel somewhere just up ahead, rubbing its evil paws together in anticipation. The bigger the dog, the more these little rodents live for taunting.

You may have walked other breeds and know it's a pain when your dog runs to the end of the leash in a barking frenzy because there's a squirrel three feet ahead, innocently pretending to forage in the grass while twitching that bushy tail back and forth like a metronome. Be warned. With a wolfhound, there *is* no "end of the leash."

You'll figure this out when your sighthound explodes across the grass (or pavement) and bounds up a tree, not the least inhibited by the trifling weight of you dangling behind. They probably didn't tell you wolfhounds can climb. You're going to discover a list of traits and abilities they failed to mention. Which brings us to:

There IS no downtime with a wolfhound.

Your hound is apparently comatose on the couch, napping. Climbing

trees takes it out of a fella. You think it's a good time to limp into the kitchen and make a meal. You turn from the cutting board, look back and you notice a complete chicken seems to be missing. Your hound is right there on the couch. Look closer. He's subtly licking his lips. That's right. They are that sneaky. And swift. You may be tired and sore but you're not getting any rest. You're going to be busy looking over your shoulder and whipping around.

Speaking of food, you're in for regular sessions of weight training hauling in 60-pound bags of kibble and refilling their gallon water buckets, which don't actually have a leak as you might suspect. Wolfhounds can hold more water than a camel. If you have more than one wolfhound, you'll be hauling water and toting bags of food while high-stepping over shaggy mounds.

Thought you were about to binge on Netflix? Remember all that water they drank? You're going to be up and down all night taking your wolfhound out on potty breaks. Because one time you thought they could hold it five minutes more and your first sign that you had a lake in your living room was warm liquid rising around your feet.

But you wanted an active lifestyle? You are now motivated beyond belief. But at least you have the satisfaction of living with the king of dogs. And you can be satisfied knowing none of your friends are into this kind of workout. The crazy kind...