**I’M A RUNNER**

**JENSON BUTTON**

*THE FORMER F1 WORLD CHAMP, 41, ON ONLINE RACING AND GETTING LOST*

**MY DOG, BENTLEY,** joins me for a 5K. He’s a three-year-old German shepherd/golden retriever mix, and he needs lots of exercise. Sometimes I’ll run with my son Hendrix. He’s 16 months and we’ve got a three-wheeler buggy you can take offroad. We live on a hill, so it’s a nightmare for me, but Hendrix loves it.

**RUNNING WAS MY BASE TRAINING**

for a lot of my racing career. I was doing triathlons at the same time as F1, so swimming, biking and running were a big part of my fitness regime. I used to run around the race circuits. I’d do time trials with mates and F1 would put on competitions. Everyone in the paddock would take part – the drivers, the mechanics, the engineers and the TV crews would all run.

**STRETCHING IS THE MOST BORING THING** in the world. I’ve got to do it, though. With the amount of training I’ve done, it’s vital for me to stretch. I don’t do it before a run, because stretching when you’re cold is not a good thing, but I always stretch when I get back. I try to have a massage nearly every week as well.

**I CAME BACK FROM MONACO TO DO THE LONDON MARATHON.** This was in 2015. I really like London, so running around the landmarks was pretty cool. There were so many runners and spectators, it was insane. It was such a good atmosphere and I loved all of it, except the last three miles – but that’s normal, I think.

**A PRO TRIATHLETE TRAINED ME** for my first marathon. It’s hard to train yourself. Having a programme is important for me. A lot of it was getting my posture right; I tended to hunch over on the run. I also had to practise being lighter on my feet. Then I had to get used to eating while I was running, because you need to eat in a marathon. I found it difficult and I used to get cramps, so I practised that in training.

**I GOT LOST RUNNING IN AUSTRIA.** The scenery’s beautiful there, but it all looks the same; I got lost when I was out there for the 2020 Grand Prix. I went for an easy 40-min run, but there were no landmarks, so I ended up being out for an hour and 40 minutes, without any water. It wasn’t hot, but I hurt for a couple of days after that, just from dehydration.

**I EAT A LOT FOR A SKINNY DUDE.** I’m up before 6am most days, so I run early in the morning. When I get back, I have eggs – an omelette, or scrambled eggs and toast with veggies.