

Spring marathon  
preview  
p.20

# competitor

JANUARY 2015

How to ramp up your  
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RUN THE

# WORLD

TRAVEL TIPS  
FOR GLOBAL  
RACES

INSIDE CHAMONIX'S HARDCORE  
MOUNTAIN CULTURE



**PLUS**  
Traversing a  
South African  
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**PATAGONIA**  
The Next Frontier

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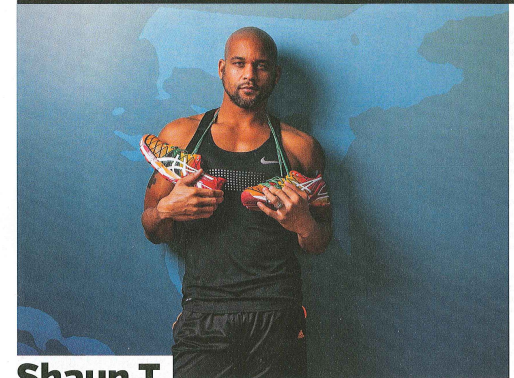
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**Your Region**  
The 2014 Best of Competitor Awards

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# I'M A COMPETITOR

NOT-YOUR-EVERYDAY RUNNER



## Shaun T

BY ALLISON PATTELO

For those who've tried one of Shaun T's Beachbody Fitness Programs, you know he's enthusiastic—really enthusiastic. He's also loud, or "emotionally verbal," as he calls it. And that's Shaun T to the chiseled core. Born Shaun Thompson, the 36-year-old New Jersey native moved to Los Angeles to put his degree in health and exercise science and minor in theater and dance to use. He acted, choreographed and taught dance classes before teaming up with Beachbody in 2007 to create some sweat-drenched, dance-inspired, functional fitness programs, like the recently released *Insanity Max:30*.

**What's your first running memory?** I was in the third grade. My dad was on the high school track team, and my cousin helped with the team. They took me to watch a practice, and when I saw the 400M hurdlers reach the top of the last turn, I was completely in awe. I wanted to try it but was too small to clear the hurdles. My aunt and cousin helped me over a hurdle, and from that point on I knew it was something I had to do.

**You joined the team in high school? I did!** My first practice, we did this great workout and stretch

session. I thought we were done for the day, when our coach said it was time for the real workout—we had only done the warm-up! It was a turning point in my life. I drew on that when I created *Insanity*. I wanted others to feel that accomplishment of really pushing themselves.

**What do you do for your workouts?** I go to my home gym pretty much every morning and do one of my programs, lift weights, dance and try new moves. I'm also a huge tennis player—I love the agility. I'll do running drills on the court and use the net as a hurdle.

**Who inspires you?** My grandfather. He always said, "It's not about how you look; it's about being in peak physical condition." Genetics are what they are, but anyone can be in peak physical condition for them.

**What's the biggest obstacle for most people?** It's mental. People have to want it. I believe physically, but mental strength is what gets you far. You need to focus on doing the best you can do, not comparing yourself to others. ☑

More about  
SHAUN T

**FAVORITE PLACE TO RUN**  
The track. I LOVE it. You can do so much, like intervals and plyometrics. It also protects your knees.

**MUST-HAVE GEAR**  
This is crazy, but I like to hold a relay baton in my hand when I'm running on a track. It holds me accountable.

**POST-WORKOUT FOOD**  
Sweet potatoes! They are a powerhouse food. I probably have 32 in my kitchen at a time.

**MANTRA**  
You can do this!

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