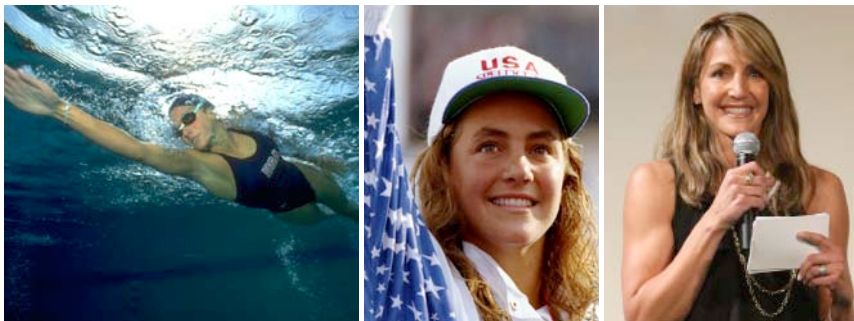


# Summer Time

STAR SPORTS BROADCASTER SUMMER SANDERS CHATS ABOUT WINNING OLYMPIC GOLD, HER TRANSFORMATION INTO A RUNNER AND THE VALUE OF GOOD SQUAT TECHNIQUE | BY JON FINKEL



Completing the New York City Marathon is quite an achievement on its own, but what if you're already an Olympic-champion swimmer? As a two-time gold medalist at the 1992 Barcelona Games (she has won five golds total), Summer Sanders reached the summit of her sport and then tackled another one. Whether she's in the pool, on the pavement or hosting a TV sports show, this mother of two keeps her competitive edge.

**How do you compare winning an Olympic gold medal with completing the NYC Marathon?** At the end of the marathon, I remember thinking it was the best day of my athletic career. Winning an Olympic medal was awesome, but the marathon was such an incredible challenge. I remember every step of that race.

**Has running the NYC Marathon always been one of your fitness goals?** Yes, but I never trained for it. Before the marathon, the longest I had ever run was 6 miles. And I never actually signed up for the race. Two nights before the marathon, a girlfriend called and said she couldn't use her race number and asked

if I wanted it. I got so excited, I ran to her hotel room for the number and race information. It was really painful, but I surprised myself and did it in 3:37.

**That's amazing. Have you always enjoyed running?** I never really liked it while I was swimming. I didn't become an avid runner until after I stopped [swimming]. I think it was because I spent the majority of my athletic career with my head in the water, staring at a black line. But once I started running, I was free to take in the sights and sounds around me.

**How often do you swim?** Not a lot. I go to the pool with my kids all the time, and sometimes I'll steal away for a few min-

utes and do some laps. I want to get back there more. My friend [hall of fame swimmer] Rowdy Gaines is always talking to me about competing in masters nationals, so maybe one day I'll do that.

**What kind of workouts are you doing these days?** Running is always my go-to exercise. I worked for the NBA for 10 years and ran in most of the places we'd go. NBA teams play in great running cities and that's the best way to get to know an area. I'd find bagel shops and restaurants, and get to know my way around the cities on foot.

**Aside from the occasional swim and your regular runs, how else do you train?** I love yoga and I do some weight training. My philosophy now is the same as it was when I was swimming: Work the small muscles. So I'll use 5-pound weights and hit my muscles from every angle. I also just got into doing squats.

**Any tips for someone who's just starting to incorporate squats into her workout?** I'm not trying to be a bodybuilder, so I don't use much weight. I like to use a barbell loaded with just enough resistance so I can feel it but still do the move properly. Good form is important. I usually do three sets of 12, 10 and eight reps, and add weight each time.

**How does your training week break down?** I try to run three times a week and do yoga a couple of times a week. If I'm lucky, I'll get to the gym to lift two times a week as well. As a mom, I need that gym time because it revives me. No matter what you're doing, it's important to find some time for yourself. **hers**

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