



Holly Williamson
37, Hoboken, NJ
Interior Designer

RUT Even though Holly has been competing in triathlons for three years—training five or six days a week—she struggled with winter workout slumps. “At the last race of the season, I’m either injured or tired of competing but stumped for what to do instead,” she says.

ROUTINE RESCUE

Shift gears. Holly cut back her cardio to just running and Spinning twice a week each.

Pump it up. She included regular strength-training sessions in her routine for the first time ever. She used weight machines, did plyometrics and took body-sculpting classes.

Eat like an athlete. Holly added calcium for stronger bones and complex carbs to fuel muscles.

SUCCESS! She reaped a “round butt—in a good way” and racing rewards: By week two, Holly was running faster, longer. “I feel stronger and more excited to keep going,” she says.

“
I train way
too hard
for triathlons
to let it all
slip away. Fun
off-season
fitness
is key.
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