

MIND  
your  
BODY

Fit&amp;Fab

# Stair master

German professional runner Thomas Dold is a keen competitor in the field of vertical marathons.

**CHARMAINE KHOO** reports

## What is your exercise regimen like?

I focus on a few highlights during the year. I need three months to prepare for the most important competitions.

In the first month, I train up to 20 hours a week. I ride my bike, run and swim. Then, my training intensity increases to include staircase running. I go to Frankfurt to run up the Maintower building which has 52 flights of stairs.

Closer to the competition, my training becomes very intense but I limit myself to 10 hours a week.

## What do you do to keep fit?

I have various training workouts. I run forward and backwards, up mountains or stairs. I go road or mountain biking, swimming, cross-country skiing, inline skating and I do some fitness and stretching programmes.

## What is your secret to looking so fabulous?

My genes? However, I think it is also my training. I believe in staying healthy and participating in sports I enjoy. I like being fit so I train not just to strengthen my legs but my whole body.

## Has there ever been a time when you were not fit and fab?

Not really. I have been taking part in sports since I was a child, although I do a lot more now.

## What is your diet like?

I eat normally although I eat double the portions of most people. I eat what I like – cereals, noodles, rice and fruits – but I do not eat a lot of meat.

I think it is important to know and eat the foods that are good for your body.

For me, that means eating fruits and a lot of carbohydrates every day as it keeps me healthy and gives me the energy for training and competitions.

## What are your indulgences?

I like cake.



ST PHOTO: AIDAH RAUF

## Thomas Dold, 25

■ The German professional runner is also a motivational trainer.

■ He is single, weighs 71kg and is 1.78m tall.

■ He has won the Empire State Building Run Up for four consecutive years since 2006. He has also won many other competitions like the Taipei 101 Run Up and the Sydney Tower Run Up.

■ He competed in the Swissotel Vertical Marathon on Sunday and won the race, setting a new record by running up 73 storeys in 6min 46sec. He slashed six seconds off his previous record set last year.

■ He hopes to complete the Empire State Building Run Up in less than 10 minutes. His best time in this event was 10.07min which he set this year. He also hopes to venture into other sports like triathlons.

## ■ EXERCISE REGIMEN:

Cycles, runs and swims for 20 hours a week, gradually increasing the intensity of training nearer a competition.

## Do you count your calories and why?

No, it is not fun to count calories. I look after my body and listen to the signals it gives me. For example, if I feel that I have too little body fat, I will eat more.

Since I am German, I also love a can of beer sometimes.

## Do you take supplements?

No. Everything I need is in the food I eat.

## How many hours of sleep do you survive on?

Sleep is extremely important. I normally sleep for eight hours. Your body needs 24 hours to recover from hard training while your nervous system requires up to 72 hours. So, to recover, you have to rest well.

## How do you maintain a healthy work-life balance?

I take the time to meet friends and do other things like watching TV or reading a book.

## What do you do to relax?

I sit on my beanbag and listen to music or read a book. I also love riding my bike for a few hours in the Black Forest in Germany. It is fantastic.

## What are the three most important things in your life?

My friends, sports and my laptop. As I travel often, my laptop is my main form of communication with my friends.

## Would you go for plastic surgery and why?

No. I think that everyone can look good and keep fit on their own.

## Do you think you are sexy?

I am comfortable with my body. I am healthy and fit and that is much more important than just looking sexy.

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