

Power of Attorney

A lawyer stays sharp in court by sneaking triathlon training into his hectic schedule

Bruce Griffen loves competition. The 53-year-old enters 10 triathlons a year, coaches his son's under-8 soccer team, hones his 11-year-old's ski-racing techniques, and keeps up with his 14-year-old daughter's swim competitions. He likes a good courtroom battle, too: He's defended Peter McDonald, tribal council chairman of the Navajo Nation, against charges of bribery and conspiracy, as well as the Colorado City 8, a band of Mormon polygamists, arguing that the criminalization of their lifestyle violates their freedom of religion.

To this defense attorney's way of thinking, mental and physical fitness are opposite sides of the same coin. "George Patton said, 'An active mind cannot exist in an inactive body.' I cut that quote out, and it sits on my desk," says Griffen. "I really think there is a relationship between being active physically and active mentally."

To keep himself sharp on both fronts, he maintains a routine of twice-daily workouts: each morning, a 30-minute swim; each afternoon, either a 45-minute mountain-bike ride, a 6-mile run, or an open-water swim in a nearby lake. By splitting his workouts into two sessions, Griffen has hit on a shortcut for building stamina. In a recent study, researchers from the University of New Hampshire found that two 15-minute cardio sessions provide a greater aerobic benefit than a single 30-minute one. So if you want to boost your endurance, whether at your next race or on the job, consider Griffen's tips for on-the-go fitness. **AMY LEVIN-EPSTEIN**

KEEP YOUR GEAR WITHIN REACH Griffen's staff calls him "Superman" because he'll pull over to the side of the road between appointments, slip out of his suit, and disappear into the wilderness for a quick jog, ride, or swim. To facilitate these impromptu workouts, he keeps his gym bag, bike, and wetsuit in his Nissan pickup. In addition, he always has a water bottle and clean towel handy for a poor man's shower afterward. "It's almost a scheme of mine to see if I can jam in a workout when other people are sitting around on their butts," says Griffen.

GO OFF THE BEATEN PATH To keep workouts from becoming boring, Griffen sometimes heads off trail, where adventure often lurks. "Two weeks ago, I crossed paths with a 5-foot rattlesnake," he says, "and I've been



FIT FOR TRIAL
At 53, Griffen pounds out the same workouts he did at 30.

chased on my bike by coyotes." When exploring, mark each turn with a large rock to find your way back, suggests Griffen.

MAKE FITNESS PART OF FAMILY LIFE On the weekends, Griffen turns off his cellphone and makes his wife, Leslie, and three children his top priority. But you won't find them spending a lazy day at home. Instead, the Griffen family goes hiking in the wilderness surrounding their Flagstaff, Arizona, home. A typical vacation is a trip to the Virgin Islands, where Dad competes in a Half Ironman while the kids hit the beach.

the best new running shoe

Nike and Apple join forces to revolutionize running



Nike has implanted its most popular running shoes with wireless sensors that sync with Apple iPod Nanos. The hidden sensor uses a low-power radio frequency to send your mileage, pace, and expended calories to your Nano. The data can be played in your earphones over your music. Need more than tunes to put you through your paces? Download a celebrity virtual

trainer, such as legendary marathoner Alberto Salazar. After your run, hook your iPod up to your computer, and the program automatically uploads your training progress into an online log (nikeplus.com). Proof that it works for more than weekend warriors: Seven-time Tour de France champion Lance Armstrong is using the shoe to train for his first ING New York City Marathon.