

MY WORKOUT

Who: Grant Stalley, 20, Portland; 5 feet 9 inches, 165 pounds.

Workout: Stalley, a junior at Oregon State University, had a busy summer. He worked as a day-camp counselor and still managed to spend many hours in the gym. He pulled it off by arriving at the Beaverton Family YMCA as early as 5:30 a.m.

Stalley plays racquetball in the Open division, the highest without turning pro. He played for two to three hours a day this summer, five days a week. (The bulk of racquetball tournaments take place September through April.) He also did workouts of 60 minutes to 2½ hours, six days a week. He gets an upper-body workout twice a week, including sit-ups and other core work. Three days a week he works on his lower body with weights, sprinting, jump-rope, and speed and agility drills. He always stretches, too; his shorter Saturday workout is 30 to 60 minutes of stretching and drills.

Not "Animal House" North: Stalley lives in a house with three roommates and is majoring in sports and exercise science. He's leaning toward managing an athletic club. A Beaverton High School grad, he grew up playing football, basketball and baseball. He began taking racquetball seriously as a high school sophomore.

Nutrition: He's learned a lot from the nutrition classes his major requires, and he watches his diet pretty closely. On lower-body workout days he eats a lot of carbs such as whole-wheat spaghetti and bread. A hard workout also includes a protein powder supplement with a recovery blend.

Breakfast is oatmeal, or eggs, with toast. He eats a lot of fruit — especially pineapple and strawberries — and a lot of green veggies and potatoes. He tries for eight hours of sleep



Grant Stalley

nightly, doesn't drink alcohol and rarely has caffeine. If he has a diet downfall it would be ice cream. He once ate shark and says it was "really good but strange to order."

— Nancy Dow

If you'd like to share your workout with readers — or know someone whose workout you'd like to read about — send name, age, daytime phone number and workout details to Nancy Dow, My Workout, The Oregonian, 1320 S.W. Broadway, Portland, OR 97201 or by e-mail to nancydow@news.oregonian.com. We encourage one or two recent, high-quality digital photos sent as JPEG attachments.