

WORKOUTS WANTED

Do crowds gather to watch when you hit the squat rack at the gym? Do you give antelope a run for their money on the track? We want to share your workout success stories with the troops. Send your tips, tricks and secrets to features@atpco.com.



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World-class triathlete Lt. j.g. Timothy O'Donnell changes from his biking shoes to running shoes while training in Colorado Springs, Colo.

CHUCK BIGGER

Train like a triathlete

Ready to give it a shot? Learn to be a triple threat from a 4-time champion

TIMOTHY O'DONNELL
triathlete U.S. NAVY

TIMOTHY O'DONNELL

Rank: Lieutenant junior grade
Age: 25
Height: 6 feet
Weight: 162 pounds
Resting heart rate: Between 45 and 50 beats per minute
Blood pressure: 117/78
Hometown: Shavertown, Pa.
College: Naval Academy, Annapolis, Md.
Military service: Training at the U.S. Olympic Training Center in Colorado Springs, Colo. He is a part of Explosive Ordnance Disposal Training and Evaluation Unit 1 in San Diego.

Accomplishments:

- Four-time winner of the Armed Forces Military Triathlon.
- Finished 12th at the 2005 World Military Triathlon Championship.
- Placed second in his first International Triathlon Union competition in July 2005.
- Won the USA Triathlon Under 23 National Championship in 2003.
- Led the Naval Academy triathlon team to national collegiate championship titles in 2002 and 2003.

JOHN HARMAN/SCAFF

By Michelle Volkman
SPECIAL TO THE TIMES

OXFORD, Calif. — Timothy O'Donnell's days are a blur of swimming, hiking and running.

In the last four years, the lieutenant junior grade has competed in more than 75 triathlons and led the Naval Academy team to two collegiate titles.

He has won the Armed Forces Military Triathlon every year since 2003. Last year, O'Donnell set a new course record in the competition, held at Naval Base

Ventura County, Calif., logging a time of 1 hour, 49 minutes, 16 seconds. In this year's competition, held June 24, he shattered that record by eight minutes.

"I just put my head down and went," O'Donnell said of the triathlon — a 1,500-meter swim, 24.8-mile bike ride and 6.2-mile run. "My plan was to hammer the swim and crank the bike and leave it all out there on the [run] and hope it held together."

This record-breaking finish wasn't easily earned. Last winter, he had to put his triple-event

preparation on hold while studying at the Naval Diving and Salvage Training Center in Panama City, Fla.

But O'Donnell said it didn't set him back. In fact, dive school was a steppingstone to more intense workouts. After his first day of dive school training, O'Donnell was physically exhausted, which led him to view triathlons in a new light.

"It was really great for me, mentally. I never hurt as much

See TRIATHLETE next page