

Mancuso not letting up with summer workouts

By Lara Rosenbaum, Shape

Last summer, multi-medal-winning Olympian Julia Mancuso was prepping hard for the Sochi Olympics, hoping to add more hardware to her collection.

Her days ran like Excel sheets: each dialed to the hour, with most of those hours involving a workout. Her training paid off, and she came away with a bronze in the combined, making her the most decorated American female alpine skier in Olympic history. This off-season, though, the Squaw Valley skier taking a different approach.

“Because of the stress of the Olympics, this summer is more relaxed for me. I’ve decided to just do what feels good for myself,” she says.

Not that she’s slacking. Here’s how Mancuso enjoys summer—all the while staying in tip-top shape.

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