



ADVENTURE GUIDE

You want a challenge. We want to help.

The Best Places to Work Out

Your guide to the greatest training spots in America

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Manhattan Beach, CA - Intervals

Topping out at 100 feet, and with inclines as steep as 50 degrees, the sand dune at Manhattan Beach, California, attracts A-list athletes, including Kobe Bryant, Reggie Bush, and Tony Gonzalez. The reason: Running on sand is low-impact, so it's easier on your joints, but it increases the work on your legs and core by adding instability, says Tom Vachet, a certified trainer and the president of Elite Performance Management.

THE DRILL Warm up by jogging to the top twice. Then start at the bottom and complete six 40-yard sprints up the embankment, walking down after each one, and resting one minute. Now run as fast as you can to the top, walk down, and rest for two minutes. Then complete another six 40-yard sprints, with one-minute rest in between.

DO IT The Manhattan Beach dune is at 33rd Street and Bell Avenue. No dunes where you live? Do the drills on any 100-foot, 50-degree slope.



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