

• **NCIS** •
airs Tuesdays at 8 p.m. ET/PT on CBS.

Tri, Tri Again

So much for R&R!
How **Michael Weatherly** dropped
35 pounds while on hiatus from **NCIS**



When **Michael Weatherly**, 46 (Special Agent Anthony DiNozzo on CBS' global hit series **NCIS**), finished filming Season 11 of the show last year, he found himself wearing more elastic-waist sweatpants than usual. The culprit: a relentless shooting schedule that had led him to eat mindlessly. "I wasn't

taking very good care of myself," he recalls. During a weekend away, Weatherly woke up early one morning and went for a walk on the beach. "I had never been for a swim in the Pacific Ocean—even though I had lived in Malibu. It occurred to me I needed to challenge myself." That day, he dived in head-first, committing to train for the Nautica Malibu Triathlon, which he completed last September. Here's his summer shape-up strategy.
— *Michele Shapiro*

What was your favorite part of competing in your first triathlon?

The swim. I loved the excitement of seeing 1,000 people in wet suits flying into the ocean at 7 a.m. I still swim every Sunday. For an hour every week, all I'm trying to do is not get eaten by a shark. I don't listen to The Jackson 5 or other music like I do when I run. I'm simply part of the three-quarters of the earth's surface.

Did you find the 24.8-mile bike ride difficult?

Not really. When I was growing up in Connecticut in the early '80s, I rode a light blue Panasonic 10-speed everywhere. It's been 30 years, but for some reason I'm convinced it's still 1984 and I can ride with no problem.



Tell us about your triathlon training regimen.

I trained six days a week for 2½ hours a day. The first three weeks were brutal. I had to wake my body up from a deep slumber. I did everything from running and cross-fitness training to boxing, swimming and bike riding. I also did yoga three to four times a week. I'd get my 2½ hours done and have the rest of the day to spend with my kids. By 8:30 p.m. I was ready for bed. I loved it.

How did your eating habits change when you were in training?

I had to lose weight and build muscle, so I went all in and pushed my chips to the middle of the table. I told my wife, who's a very social person, I didn't want to go out to dinner, lunch or to the movies. When you stay in, 95 percent of temptation, ranging from candy to alcohol, goes away. You are in charge of what's in your fridge. I cooked my own food, ate a lot of raw veggies and stayed away from most things in packages—pasta, rice, potato chips, bread.

RICH CRUISE/SHUTTERSTOCK/CORBIS



“You have to be responsible for your own schedule. No one’s going to give you permission to take care of yourself.”



NCIS’ Michael Weatherly completed the Nautica Malibu Triathlon last September.







What do you think is the key to staying in shape between events?

Structure. I saw an interview that Sting did during his Synchronicity Tour and he rattled off his schedule: He had a regimented daily routine that included running, tennis, swimming, reading and napping. I took from that the idea that you have to be responsible for your own schedule. You can’t wait for it to happen. No one’s going to give you permission to take care of yourself.

How did your training affect the way you handle the daily pressures of filming?

I started evaluating how I deal with stress, which involves a lot of mindless eating and drinking. When I come home at night, I like to have a glass of wine. If I’ve opened a bottle, I think, “I may as well have another glass,” and then another. Over the summer I didn’t feel that urge to kill the bottle. I was more mindful. I still run every day and swim on weekends, but I’ve already put 10 pounds back on. I’m definitely a work in progress.

BONUS ROUND

	Treadmill or pavement?	Treadmill
	Kale or baby spinach?	Kale, though I love steamed baby spinach
	Coffee or tea?	Coffee
	Carbs or proteins?	Proteins
	Social media inspiration: Instagram or Twitter?	Instagram
	Sauna or steam?	Steam

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