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TONY HORTON IN HIS HOME GYM CREATING NEW WORKOUTS FOR HIS MILLIONS OF FOLLOWERS.

# CAN P90X WORK FOR RUNNERS?

**The success of Tony Horton's whole-body exercise program is helping to remind runners that they can triumph by focusing on strength and flexibility.**

BY JEFF BANOWETZ

The ballroom of the National Press Club in Washington, D.C., was filled with its usual lunch-time crowd. Wander in around this time most days and you'll be able to hear the musings of a cabinet secretary, CEO, foreign dignitary or other newsmaker. But unlike most of the speakers who use the press club's stage to make news, Tony Horton isn't in the gray power suit of a typical D.C. pol. In fact, he's sleeveless.

In fairness, Horton will follow his speech by leading a group workout sampling P90X, the hugely successful exercise program that's probably being advertised right now if you turn on the TV. The packed ballroom is filled with journalists, exercise enthusiasts and P90X fans who've also ditched the work clothes to sweat with Horton.

Then again, Horton rarely wears sleeves no matter where he is. And why would he? The 52-year-old Horton easily serves as the best billboard P90X could ask for.

Horton is at the press club to talk about his latest work with the military to help create "functional fitness" programs for soldiers, and to promote fitness strategies to deal with the growing nationwide obesity problem. In his speech, he mentions a study that forecasts fewer than 25 percent of young adults will be eligible for military service, largely because of medical issues related to obesity.

He's preaching to the choir. Much of the crowd has come to work out with Horton because they've already bought what he's selling—and they're not alone. More than two million people have purchased P90X, making it one of the most successful exercise programs of all time.

But this event is a bit different for Horton. He's here in D.C. as the honorary chairman of the National Press Club 5K, which will be held the next morning. And while Horton isn't much of a runner himself ("My running is pretty lame," he admits), he's discovering that endurance athletes make up many of the latest converts to his whole-body fitness regimen.

"I can't tell you how many marathoners I know who stopped their training—their one-dimensional training—and started using us," Horton says. "And using multidimensional training, they had their best times ever."

Of course, that's what you'd expect him to say. But at least anecdotal evidence is backing him up, as more runners are discovering that running fewer miles may indeed be more effective when paired with more strength, flexibility and core work.

Photos by Mason Bendewald, [www.megamace.com](http://www.megamace.com)