

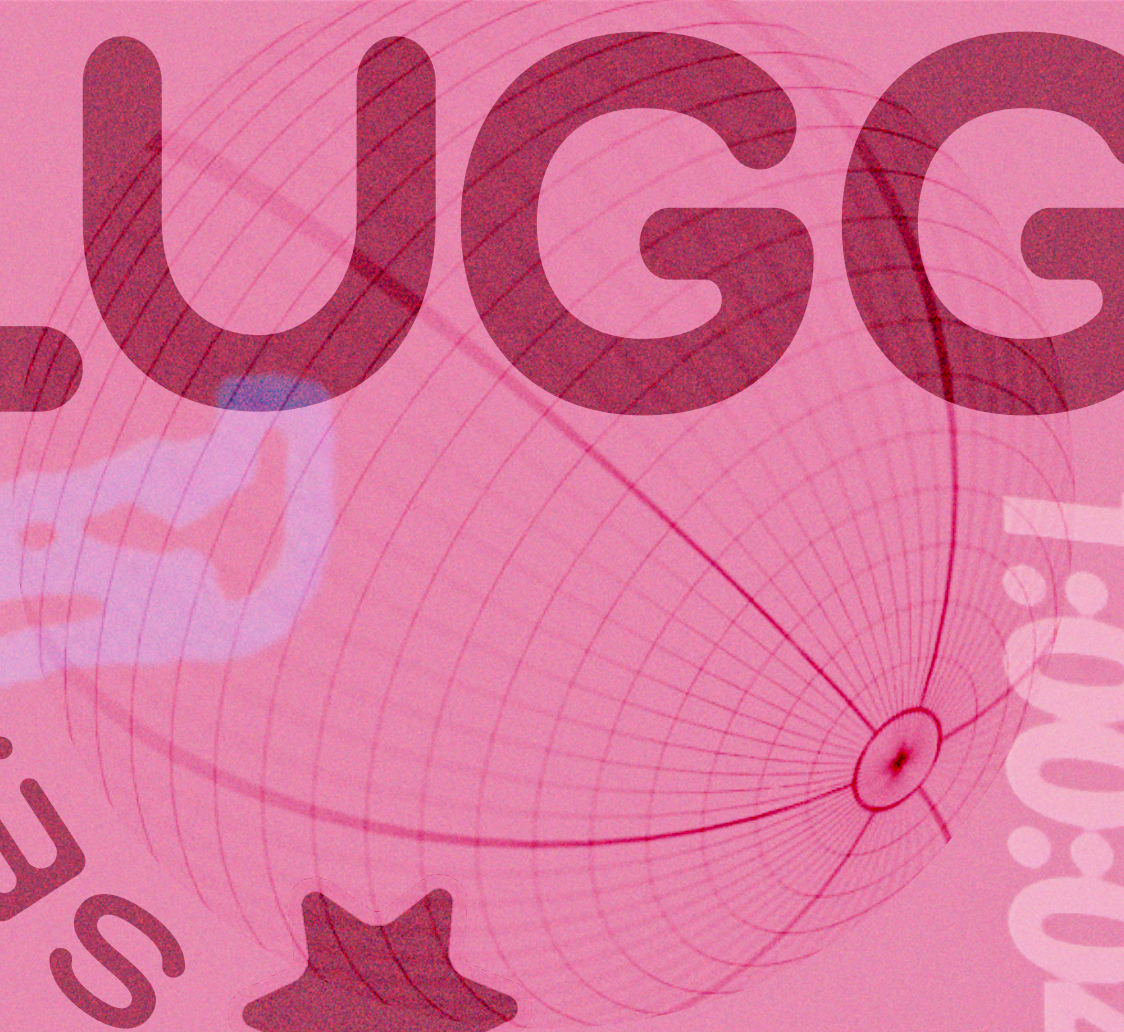
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LIFE

1:00:04





BIO



*Sean Neal Stahlkopf—based
in Berlin——33 years old
half German——half Korean*



RUNNING HAS BEEN WITH ME
SINCE I WAS 6 YEARS OLD.
INITIALLY IT SERVED AS A
CONDITIONING UNIT ALONG
MARTIAL ARTS & TENNIS.

BACK 2 THE ROOTS

AFTER 13 YEARS WITHOUT EXERCISE, I HAD MY ATHLETIC RESET, THEN IN SPRING 2020. I STARTED RUNNING 3K EVERY MORNING - AT THAT TIME STILL AS FAST AS I COULD.

NOW I RUN 4-5 TIMES A WEEK. RECOVERY AND SPEED RUNS ALTERNATE WITH THRESHOLD TRAINING AND FARTLEGS. TO SUPPORT THE RUNNING UNITS, I TRAIN STRENGTH, STABILITY AND MOBILITY 3-4 TIMES PER WEEK.

IT STARTED AS A HOBBY AND GRADUALLY DEVELOPED INTO THE CENTER OF MY LIFE.

Social media and running

I share my journey in running shoes via Instagram and TikTok. My goal is to encourage/inspire beginners and those who would like to become runners to take the first step and go their own way and not compare themselves to other runners.



SEANS

BEST

TIMES

5K

00:23:57H

10K

00:51:33H

21K

02:11:32H

SEAN'S FOCUS FOR THIS YEAR IS ON IMPROVING HIS BASIC ENDURANCE AND DOING AS MANY FUN RUNS AS POSSIBLE TO GET USED TO THE RACE CLIMATE.

THEN NEXT YEAR TO RUN THE 10K IN 40 MINUTES AND FINISH 21K IN 01:30:00.

THANK
YOU

