

My Weekday Workout: Pashman Stein's Roger Plawker - *Law.com*

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Q&A with Roger Plawker, Partner at Pashman Stein Walder Hayden

Plawker is a partner at the firm and focuses his practice on business litigation, intellectual property litigation and licensing, and employment law.

How often during the week do you work out?

Three times per week.

At what time during the day or evening do you work out?

Evening.

What's your go-to routine?

My primary sport is squash. I started playing in college more than 30 years ago. I have been playing in a regional league for the past 15 years and occasionally play in sanctioned tournaments. I serve as president of the New Jersey Squash Association, which runs league play and seeks to promote the growth of the sport in this region. I rely on other forms of exercise to ensure my body is prepared for squash. These include high-intensity interval training (HIIT) classes for strength and road cycling for endurance. The HIIT class is something I do with some of my work colleagues. We have a number of fitness enthusiasts in our firm, and one of the groups competes together in CrossFit. Pashman Stein Walder Hayden is very health-conscious and actively supports these activities. It also builds teamwork and trust.

How long does it take?

I'm usually on court for an hour, or doing strength classes for an hour. If I can't get to either, I'll ride a stationary bike at home for 45 minutes. On the weekend, weather permitting, I'll ride about 50 miles with other cyclists. I rode my first century (100 miles) in September, which took about six hours.

Why do you like this routine?

Heart-pumping and sweat-dripping always seem to make me happy. Sometimes, the fun is followed by a beer.

What does regular exercise do for you?

Keeps me relaxed, focused, energetic and happy. Litigation practice is fraught with conflict and, often, frustration. It is important to have a positive outlet for the stress to keep your judgment clear.

How long have you been exercising regularly?

I have been active all of my life, but only somewhat disciplined and scheduled about it in the past 15 years.

In what ways have you changed your routine over the months or years?

I need to pay more attention to injury these days and will sometimes have to leave out certain exercises to allow adequate healing time.

How do you convince yourself to work out when you don't want to?

I always remind myself that I never regret having done a workout, only skipping one.