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## [Spider Man 3: Thomas Haden Church Talks](#)

### *A little inside detail*

As the May 19 release of the DreamWorks latest animation feature, Over the Hedge gets closer, Hayden Church has no time to worry about how the audiences will react to his voice (as The Verminator). He is too busy shooting for the upcoming Spider man 3 in Sam Raimi's brand new webbed adventure Thomas Hayden Church plays the villain. He is Flint Marko, a.k.a. The Sandman. After more than a year of working out in order to get the needed physical features Hayden Church started to rough out on the set as The Sandman. About the filming on Spider-Man 3 the actor said: "Sam is a terrific actor's director. Tobey [Maguire] and the rest of the team, crew and cast, are very humble and very thankful for the success that franchise has had and it's just really a pleasure to work on what is a huge movie, but it's being crafted by very personally responsible and personable craftsmen. ""I wanted to work with Sam Raimi. That's it, in the singular that's it. I got very close to working with Sam several years ago on The Gift and I vowed if the opportunity presented itself I was going to do everything I could to close on it and Spider-Man came up and Sam asked me to play Sandman and I didn't have to think about it to long. He is a terrific and truly brave director." Hayden Church also talked about gaining and losing (weight or muscle) for a part: "My weight is about the same as what I weighed in Sideways, but in Sideways Alexander [Payne] asked me to just get fat. For Sideways I gained about 20 pounds and then I dropped it after the movie because I felt horrible and I was horribly out of shape. On Spider-Man I have put on about 20 pounds, but it's been lean muscle and I have a nutritionist and I have trainers in L.A. and trainers in Texas and it's just been very intense for about the last 13 months. It's been very intense weight-training regimen, but no cardio, because as I have learned cardio is the enemy of muscle. They wanted me more bulky than lean but my body fat is pretty low, but I have to attribute that to diet and pretty intense weight training regimen. I work out about 5-6 days a week for about an hour and a half every day. Pretty intense, you burn a lot of calories."