

MAR  
14  
2016

## FITTER RADIO EPISODE 102

### THE IMNZ EPISODE

Bevan reviews his IMNZ race.

### WORKOUT OF THE WEEK

Walking the aid stations.

### HOT PROPERTY INTERVIEWS - NATHAN SHEARER & INDIA KRAAL

This week we interview the two overall age group winners from IMNZ 2016.

Nathan Shearer from Australia not only took out the overall age group race but also

smashed the course record in Taupo for the fastest ever age grouper in a time of 8:47:18.

India Kraal from New Zealand raced her first ever Ironman and won the overall female age group race in a time of 9:54:25.



### GEEK OUT

This week our geeky contributors 'The Plews and Prof' look at Bevan's data from his recent Ironman New Zealand race.

	BIKE	2016	2015
<b>Overall</b>	Watts	273	282
	Average HR	145	148
	Max HR	155	167
	VI	1.04	1.04
	PW:HR	1.62	10.61
	IF	0.78	0.83
<b>First 40 k</b>	Watts	281	298
	Average HR	145	150
	Max HR	155	167
	VI	1.03	1.03
	PW:HR	-2.35	-5.13
	<b>40-140k</b>	Watts	272
Average HR		140	147
Max HR		152	156
VI		1.04	1.04
PW:HR		1.38	8.76
<b>140-180 k</b>	Watts	265	238
	Average HR	139	146
	Max HR	145	155
	VI	1.04	1.06
	PW:HR	0.83	7.76

		2016	NONE
<b>Overall</b>	Pace	4:31	
	Average HR	147	
	Max HR	159	
	Pace: HR	6.15	
<b>First 10 k</b>	Pace	4:18	
	Average HR	145	
	Max HR	153	
	Pace: HR	4.9	

## **LINKS**

Follow Indy Kraal on Instagram at <https://www.instagram.com/indykraal/> and on Twitter at <https://twitter.com/indykraal>

Follow Nathan Shearer on Instagram at <https://www.instagram.com/nathanshearer/> and on Twitter at [https://twitter.com/squeek\\_13](https://twitter.com/squeek_13)

Contact Dan Plews - High Performance Sport NZ at [daniel.plews@hpsnz.org.nz](mailto:daniel.plews@hpsnz.org.nz) or on Twitter at <https://twitter.com/theplews1>

Contact Paul Laursen - High Performance Sport NZ at [paul.laursen@hpsnz.org.nz](mailto:paul.laursen@hpsnz.org.nz) or on Twitter at <https://twitter.com/PaulBLaursen>

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