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2016

FITTER RADIO EPISODE 138

ONE STEP AHEAD

Superfoods – the definitive guide

WORKOUT OF THE WEEK

Double bike days.

HOT PROPERTY INTERVIEW – ANDI BOECHERER

Born in Freiburg, Germany Andi Boecherer started his triathlon career back in 2002 whilst studying Mathematics at University. Since then he's gone on to become one of the world's top long distance triathletes most recently racing to a 5th place in Kona. 2016 has been a great year and included not only wins at the 70.3 distances but also a marathon PB of 11 minutes on the Frankfurt Ironman course plus entry into the Sub-8 Club with a time of 7:53:40. We talk to Andi about Kona and his career to date.



5 MINUTE FOCUS

Ex All Black 'The Kamo Kid' Ian Jones, is about to take on Taupo 70.3 and Ironman.



THE GEEK OUT

Epsom salt baths – yes or no.

LINKS

More about Andi Boecherer at <https://andiboecherer.wordpress.com/>

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