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2017

## KONA SPECIAL PART 2

### IT'S KONA WEEK!

Mikki feeds back to us from Day 3 of the 2017 Ironman Sports Medicine Conference here in Kona.

### JOSH AMBERGER

Australian Josh Amberger qualified for the Ironman World Champs after winning Cairns and it's his first time in Kona. He ran a 2:52 after working with his coach on making some quick fix changes to his running and training. His goal for the race? No expectations other than to execute a good race by getting ready for it as best he can.



### DAN PLEWS

Dan Plews of the 'Plews and Prof' makes a return to the show to talk to us about what's happening in his world plus his hopes for his athletes in Kona.



### SARAH CROWLEY

In Kona last year Australian Sarah Crowley raced to 15<sup>th</sup> position after struggling with a bout of pneumonia. She goes into the race in a very different position this year. This time around she has 2 championship results behind her, Penticton Long Distance Worlds Champion where she achieved the fastest bike split and ran down Helle Frederiksen and then Frankfurt Ironman European Champion. She tells us about what she hopes for this year.



#### LINKS

More about Josh Amberger at <http://www.josh-amberger.com/>

Link to Plews and Prof and the Visceral Fat blog at <https://www.plewsandprof.com/>

More about Sarah Crowley at <http://www.sarahcrowleytriathlete.com/>

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