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FITTER RADIO KONA SPECIAL PART 3

POLAR MEDIA EVENT FOR SPONSORED ATHLETES – KONA 2016



Bev is invited to attend this awesome event and brings us interviews with some of the best triathletes in the world! We talk to Liz Blatchford, Frederik van Lierde, Sarah Piampiano, Terenzo Bozzone, Liz Lyles, Cyril Viennot and Alicia Kaye.

PAUL BUICK



In Part 3 of this interview with Paul Buick he talks to us about becoming a 'Master of the Bike' plus analysing how people train from power files and where metrics fit into the training of Purplepatch athletes.

MATT DIXON



This week (Kona week) we are excited to be able to bring you an interview with Exercise Physiologist, Author and owner of Purplepatch Coaching, Matt Dixon. Matt has developed a track record for success in coaching including over 175 professional victories and podiums in Ironman and Ironman 70.3 events while also qualifying over 125 athletes to the Ironman World Championships in Hawai'i. He has collected his extensive triathlon knowledge into his book 'The Well-Built Triathlete: Turning Potential into Performance'. Matt and Bev talk Kona and the challenges that this race brings.

LINKS

More about Paul Buick at <https://purplepatchfitness.com/train-with-us/individual-coaching/become-better-biker>

More about Purplepatch Coaching at <https://purplepatchfitness.com/>

More about Polar at <https://www.polar.com/>

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