

OCT
12
2017

KONA SPECIAL PART 3

IT'S KONA WEEK!

THE FLEA (AKA ROSS LOCKEY)

The Flea joins us today and reports back on his ride to Hawi and back yesterday.



CAMERON BROWN

Awesome to catch up with Cam this morning at the NZ Breakfast. He's in the midst of training for WA. He gives us his thoughts on the race and how it's evolved.



JOCELYN MCCAULEY

IMNZ winner Jocelyn McCauley has just finished a 5 week training block in Texas and feels in the best shape of her life coming into Kona. Despite 3 flats on the Ironman Texas course in April she managed to secure 12th place and a qualification spot for Kona. We'll see her again in Taupo next year too when she comes back to defend her title.



KYLE BUCKINGHAM

Kyle Buckingham is having a great season to date with most recently a 4th at the South African Champs running a 2:47 and then 2nd in Brazil with an even faster 2:45 - his result of the season. Kyle works with Paul Laursen and talks us through his move to a ketogenic diet.



LINKS

More about Jocelyn McCauley at <http://jocelynmccauley.com/blog.html>

Link to Paul Laursen at <https://www.plewsandprof.com/>

More about Kyle Buckingham at <http://www.kylebuckingham.co.za/>

Velocity Sports Labs at <http://www.velocitysportslab.co.za/>

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