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2016

## FITTER RADIO KONA SPECIAL PART 4

BAHRAIN ENDURANCE TEAM MEDIA EVENT – KONA 2016



Bev goes along to the event and chats with legendary Ironman triathlete Lisa Bentley plus Brent McMahon and John and Bevan from IM Talk.

## PAUL BUICK



In the final part of our interview with Paul Buick we talk science versus feel plus the importance of enjoying the sport.

## THORSTEN RADDE



The man to go to for the most comprehensive report on what could happen in Kona this weekend. Thorsten gives us his thoughts and predictions for the race.

## LINKS

More about Bahrain Endurance Team at <https://bahrainendurance13.com/>  
Paul Buick at <https://purplepatchfitness.com/train-with-us/individual-coaching/become-better-biker>

More about Thorsten Radde and his TriRating Kona report at <http://www.trirating.com/>

Follow Thorsten on Twitter at <https://twitter.com/ThRadde>

More about Brent McMahon at <http://brentmcmahon.com/>

More about Lisa Bentley at <http://www.lisabentley.com/>

IM Talk at <http://www.imtalk.me/>

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