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Ironman Jack Nunn Credits Evo Indoor Cycle with Best Competition Time

Summary

Jack Nunn, Ironman and head trainer for Relay Fitness Group, credits a new type of indoor cycle for his cycling results at the Cozumel, Mexico Ironman Competition held on November 25, 2012. This was his third Ironman, and he posted his best time yet.

December 18, 2012 (COSTA MESA, CA) – Jack Nunn used a specially designed workout plan to prepare for his third Ironman Competition in Cozumel, Mexico held on November 25, 2012. This workout plan, consisting of 300 hours of training over a period of four months prior to the event, included over 70 hours of training indoors on the Evo Fitness Bike, a unique indoor cycle that mimics the natural pedaling motion of outdoor bikes through the use of a sway frame.

“While the swimming portion was very difficult due to high winds and rough waters, I was able to make up a lot of time on the bicycle portion,” said Jack Nunn. “I believe my training program and choice of equipment had a lot to do with my improved performance.”

The Evo Fitness Bike is a new type of indoor cycle that mimics the natural pedaling motion of outdoor bikes and requires balance, core strength, and upper body muscular endurance. It accomplishes this through a unique frame that sways like a real bike, allowing users to put more power into each pedal stroke by counterbalancing their weight. Unlike typical indoor cycles that have fixed frames, the Evo Fitness Bike’s movement feels natural, allowing athletes to seamlessly transition from indoor to outdoor training without awkward balance issues.

Jack Nunn used the Evo Fitness Bike and a new training program called TriCore to prepare for his third Ironman. TriCore combines the unique sway functionality of the indoor cycle with high intensity interval training to obtain the conditioning, strength, and balance necessary to compete in the Ironman. Jack collaborated with Relay Fitness Group to produce the TriCore Indoor Cycling DVD set which was released in mid-2012.

Jack Nunn’s time of 11 hours, 26 minutes is his best of the three Ironman Competitions in which he has participated. This time gave him an overall rank of 361 of over 3,000 participants, and a rank of 65 in his division (Male 30-34 D). His best portion of the event was cycling; he completed the 112 mile distance in 5 hours, 24 minutes, finishing 60th for his division and 314th overall.

When looking at Jack Nunn’s results, it is important to note that at 6’ 3” and 210 pounds, he was one of the largest competitors. The winners between 2001 and 2010 had an average weight of about 160 pounds and height of 5’ 11”. This means that Jack was pushing more mass throughout the entire event and still performed admirably.

In addition to the gains in Jack Nunn’s conditioning levels, he also noted that the instability of the Evo Fitness Bike’s sway frame helped him build the core and upper body strength and muscular endurance necessary to deal with strong headwinds (25-30mph gusts) and an extremely rough road. He averaged a speed of 21mph during the biking portion.

For those who have never heard of the Ironman, it is a long-distance triathlon which includes a 2.4 mile swim, 112 mile bike ride, and a full marathon consisting of 26.2 miles of running, one section after the other without rest. This extreme endurance event has been held around the world since 1978.

“My training program really helped prepare me for this Ironman,” stated Jack Nunn. “While it was one of the most difficult, I was able to post my best time.”

Find out more about the Evo Fitness Bike at www.RelayFitness.com, or call directly at 1-866-714-0009. Find out more about Jack Nunn at www.PowerhouseFit.com.

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