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**\$25,000  
GIVEAWAY!**

# ZOO

**WEEKLY**

## **EXTREME FITNESS**

**GET SHREDDED LIKE A**

**UFC FIGHTER ✓ ROCKCLIMBER ✓  
CADEL EVANS ✓ POLAR EXPLORER ✓**



**NEW  
007  
GIRL**

**p58**

**PLUS**

**Mega croc & Cold Chisel**



**Becky  
Lamb**

**Even hotter than a  
Fukushima sunbather**

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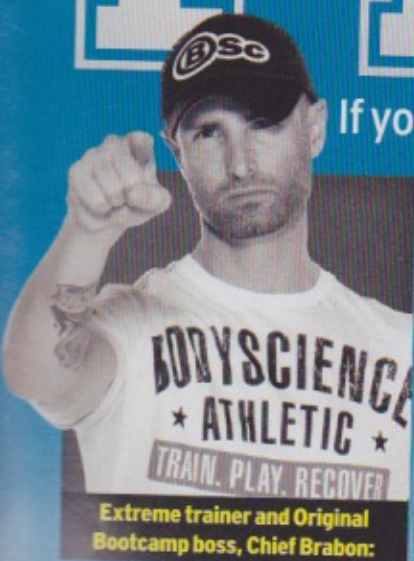
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# EXTREME FITNESS



**Extreme trainer and Original Bootcamp boss, Chief Brabon:**

If you've thought of jogging or swimming a few laps, why not man-up and

## CADEL EVANS

### First Aussie to win the Tour de France



#### CHIEF'S TIPS:

"Dramatic increases in aerobic capacity come from a balance of intensity and duration. Low-intensity, long-duration training provides little physiological benefit and puts the body through a lot of wear and tear. It's more effective to improve cardiovascular conditioning through high-intensity interval training such as sprint work and winders."

That an Aussie bloke won the Tour de France is spectacular! And that he did it without juicing up on steroids, blood boosters or his own doctored blood is even better!

But what does a race like the Tour actually take out of you, and what kind of training do you have to put in to get in the game? According to bike-boffin David Martin from the AIS,

"Cadel laid down the highest VO2 Max the AIS has ever seen!" That means his cardio training has upped his ability to get oxygen from the air and use it to power his muscles. Cadel was also obsessed with getting the best out of himself, and would check over all the

computer data at the end of each day's racing.

"Cadel's knowledge is so complete that he could lecture at university in the power output demands required for success in the Tour de France," reckons Dr Martin. Or he could even, y'know, win the thing.





# CAS & JONESY

How these guys' lead...



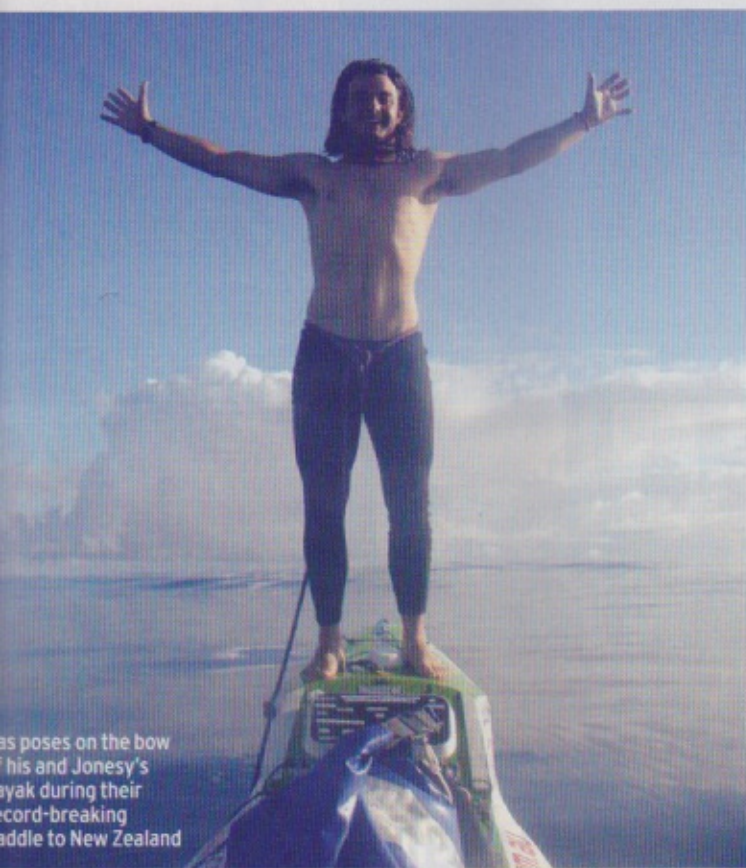
The lads travelled to the Arctic Circle to train in low temps



Ill-equipped, Zoo Man suffers shrinkage while interviewing the Antarctic adventurers in a bottle-o's coolroom

## CAS & JONESY

### Two-man trip to the South Pole



Cas poses on the bow of his and Jonesy's kayak during their record-breaking paddle to New Zealand

James Castrission and Justin Jones (aka Cas and Jonesy) are two Aussie mates who first made a name for themselves in 2007 when they became the first people to kayak unassisted from Oz to New Zealand. After a couple of years of planning, they're tackling another world first as they gear up to walk from the edge of Antarctica to the South Pole, and back.

"We're expecting to take about 50 days to get to the Pole, and about 40 to get back," says Cas.

The two, who will be dragging 160kg of gear behind them on a sled, have been training for the cold by taking trips to the Arctic Circle.

"There are two different areas we have to train," says Jonesy. "Our bodies physically, and we've got to train to deal with the cold – and the only way to train to pull heavy things in cold places is to literally pull heavy things in cold places. So we went up to the Arctic Circle, where the temps go down to minus-44 degrees. It's so cold your breath freezes in front of your face, and your sleeping bag accumulates ice in it."

In the meantime, the two Aussie

nutjobs have been dragging truck tyres around Sydney to build strength, and eating as much as they can in order to have a built-in fuel/fat supply for when they hit the Antarctic. "We're training 25-35 hours a week," says Jonesy. "I've put on 16kg this year."

When they're actually on the trek, the two blokes are going to be taking in 6000 calories each per day – that's the equivalent of 15 Big Macs – and they still expect to lose about

30kg each! "It's pretty full-on," explains Cas. "Captain Scott died 100 years ago when he tried to do the return journey. It really is a phenomenal distance to attempt – it's right on the limit of human endurance. We

think we've put together a strategy that's going to get us there and back, but it's right on the edge."

While they're down there, the guys will be decked out in top-of-the-line thermal gear, but they won't be wearing it except for when they're resting. Why? "Cos in the kind of low temps we're facing, sweat freezes. And if you sweat, you die."

**Cas and Jonesy are fundraising for You Can, which fights youth cancer. [www.casandjonesy.com.au](http://www.casandjonesy.com.au)**



#### CHIEF'S TRAINING TIPS: DIVE-BOMB PUSH-UP



Start with your hands and feet on the ground and your arse up in the air



As you descend, keep your core firm 'til your chin hits dirt, then lower your waist



Arch your back as you return to starting position, all without touching ground

#### T PUSH-UPS



Do a push-up in the normal fashion



Rotate 90° and point at the sky in between