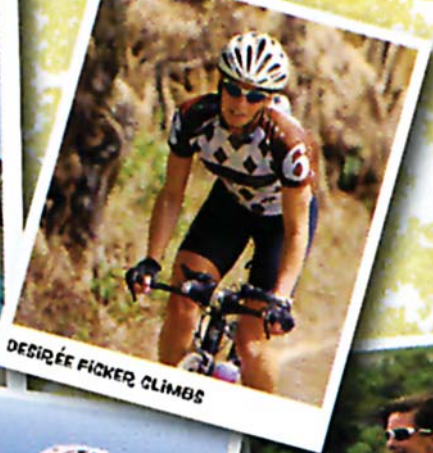




Lisa Bentley's 20x100 repeats

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DESIRÉE FICKER CLIMBS



JOANNA LAWN MOTORS



LISA BENTLEY STRIDES

PEEKING INSIDE THE PREP

LISA BENTLEY, CANADA: Bentley's coach, Lance Watson, was quite specific about Bentley's training in Kona as she was only three weeks away from a start at Ironman Canada. "Lisa's final training week before her two-week taper evolves around a mid-week bike of 4-4.5 hours and an end-of-week long run," Watson says. "The