

APRIL
21
2014

FITTER RADIO: EPISODE 003

On this week's episode:

1. WORKOUT OF THE WEEK

Swimming: Stroke Rate & Stroke Length - what they mean to the swimmer, how you can apply it to yourself in training and how to make changes.

Go to: <https://vimeo.com/channels/fitter> to see Bevan demonstrating the swim drills.

2. HOT PROPERTY INTERVIEW

Our interview this week is with Kelly Sheerin, Running and Cycling Mechanics Clinic Manager at the Auckland University of Technology's Sports Performance Institute. Bevan interviews Kelly about 'Barefoot Running'. Should we or shouldn't we?

KELLY SHEERIN



SPORTS PERFORMANCE
RESEARCH INSTITUTE, NEW ZEALAND
AN INSTITUTE OF AUT UNIVERSITY

Running and Cycling Mechanics Clinic Manager and Lecturer J.E.

Go to <http://www.sprinz.aut.ac.nz/our-staff/sports-performance-research-group/kelly-sheerin> for more information.

Visit your local Shoe Clinic store to have your shoes professionally fitted to your feet <http://www.shoeclinic.co.nz/>

3. ONE STEP AHEAD

Protein - we are more than just fat and carbohydrate. The important role that protein plays in the athlete's diet.

4. LINKS

Swim smooth: <http://www.swimsmooth.com/proconsole.html>

Finis tempo timer: <http://www.finisinc.com/tempo-trainer-pro.html>

Fitter Swimming: <http://www.fitter.co.nz/fitter-swimming.htm>

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