

JULY  
21  
2014

## FITTER RADIO EPISODE 016:

### WORKOUT OF THE WEEK

The new 'maximalist' running shoes. Are they just a fad? Bev gives an overview.

### THE GEEK-OUT

Mikki geeks out on the predictive factors that contribute towards a good Half Ironman time.

### THE 5 MINUTE FOCUS

We interview Jenna Walker, Nutritionist at Balance Nutrition and get the inside scoop on 2 new gels that Balance are about to launch!

### HOT PROPERTY INTERVIEW

This week we bring back Kelly Sheerin, Running and Cycling Mechanics Clinic Manager at the Auckland University of Technology's Sports Performance Institute. Bevan interviews Kelly about common running injuries and their possible causes.

### KELLY SHEERIN



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

### ONE STEP AHEAD

Bev talks about his LCHF diet approach to triathlon and both he and Mikki answer 'listener questions' around LCHF and the Ketogenic diet.

### LINKS

More about Hoka One One at <http://www.hokaoneone.com/>

Articles about the shoes can be found at [http://triathlon.competitor.com/2014/07/gear-tech/maximalist-shoes-coming-soon-triathlon-near\\_101823](http://triathlon.competitor.com/2014/07/gear-tech/maximalist-shoes-coming-soon-triathlon-near_101823) and [http://running.competitor.com/2014/05/shoes-and-gear/sole-man-12-things-about-maximalist-shoes\\_94938](http://running.competitor.com/2014/05/shoes-and-gear/sole-man-12-things-about-maximalist-shoes_94938)

Balance products can be found at <http://www.balancesportsnutrition.com/>

Find out more about Kelly at <http://www.sprinz.aut.ac.nz/our-staff/sports-performance-research-group/kelly-sheerin>

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

### CONTACT US

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