

JULY  
28  
2014

## FITTER RADIO EPISODE 017:

### WORKOUT OF THE WEEK

Hypoxic Training – The benefits of hypoxic (or low oxygen) training in competitive swimming. Is it the ‘sea level’ equivalent to altitude training? Bev gives an overview.

### THE GEEK-OUT

Mikki geeks out on some fascinating stats around pro cyclists and body size.

### THE 5 MINUTE FOCUS

We interview Heath Fitzpatrick, one of the Directors of Challenge Gold Coast which is set for Sunday 24<sup>th</sup> August – a perfectly placed race for the ITU World Champs in China this year and the 70.3 World Champs in Kona.



### ONE STEP AHEAD

We look at the “Female Athlete Triad” syndrome – what is it and what are the health implications for female athletes. Bev reveals his feminine side....

### HOT PROPERTY INTERVIEW

This week we interview the amazing Jo Lawn, Ironman legend and now expectant mother-to-be. We find out from Jo how she’s feeling about her new role and her thoughts on the future. PLUS Jo tells us the answer to the BIG question....boy or girl?

The cover of VO2max magazine, Issue 22, June 2010. The title 'vo2max' is in large red and black letters, with the tagline 'The Limit of Human Performance' below it. The main image shows a female triathlete, Jo Lawn, in a blue triathlon suit celebrating with her arms raised, holding a white banner that says 'IRONMAN NEW ZEALAND 2010'. The background shows a crowd and 'BONITA' branding. At the bottom, it says 'LAWN WINS NUMBER SEVEN'. Below the cover is a barcode, the price 'NZ \$9.00', and the text 'OFFICIAL OLYMPIC AND COMMONWEALTH NEWS'. A navigation bar at the very bottom lists categories: FEATURE - KIM SMITH, CYCLING - WORLD TRACK CHAMPION, CYCLING - PARIS-NICE, TRIATHLON - STONY WORLD CHAMP, ADVENTURE - COAST TO COAST, and PARALYMPICS - GOLD MEDAL.

## LINKS

Find out more about Jo Lawn at <http://www.joannalawn.com/>

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

Like us on Facebook for your chance to win a tub of Balance 100% Natural Whey PLUS a tub of Mag-Primer:



Enter Challenge Gold Coast here <http://www.challenge-goldcoast.com.au/>

Sports Science information can be found at <http://sportsscientists.com/>

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