

AUGUST
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2014

FITTER RADIO EPISODE 018:

WORKOUT OF THE WEEK

Periodised Training – Bev tells us about the different Periodised Training models and how to best manage the distribution of training, and manipulate sessions, in order to ensure an athlete progresses year on year.

THE 5 MINUTE FOCUS

Bev chats to Walter Thorburn from GO2MAX Coaching about his NZ Altitude Training Centre based in Auckland.

ONE STEP AHEAD

Acute gastrointestinal (GI) distress in athletes. Mikki looks at what might be going on and gives us some advice on ways to manage it.

HOT PROPERTY INTERVIEW

This week we are delighted to bring you Pete Jacobs. Legendary Australian pro triathlete and winner of the 2012 Ironman World Champs in Kona!



THE GEEK-OUT

Bev is geeking out this week and talks Block Periodisation. He presents research and evidence to show the benefits that come from “crash training” for the well-trained and experienced athlete.

GIVEAWAYS

This week we give away 20 pairs of kids Zoggs Junior Phantom Elite goggles! For your chance to win all 20 pairs for your school, squad or club just like us on Facebook and tell us how best you would use the goggles for kids in triathlon.



LINKS

Zoggs New Zealand can be found at <http://www.zoggs.co.nz/>

Find out more about Pete Jacobs at <http://www.petejacobs.com/>

More about Walter Thorburn and his Altitude Training Centre can be found at <http://www.altitudecentre.co.nz/altitude-training/>

CONTACT US

Learn more about us at <http://www.fitter.co.nz>

Like us on Facebook at <http://www.facebook.com/fitter.co.nz> for the latest news and information

Mikki Williden can be found at <https://www.facebook.com/mikkiwillidennutrition>

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