

SEPT
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2014

FITTER RADIO EPISODE 022:

ONE STEP AHEAD

Beta-Alanine. What is it, what does it do and how can it help fitness?

HOT PROPERTY INTERVIEW & WORKOUT OF THE WEEK

We bring back Professor Paul Laursen for the second part of his 2 part interview about 'Heat Adaptation'. Paul leads the Performance Physiology Team at High Performance Sport New Zealand and in this episode talks about hydration and cooling strategies in hot conditions. We also hear about the latest research around 'drinking to thirst' and 'electrolytes' – are they really necessary?



SPORTS PERFORMANCE

RESEARCH INSTITUTE, NEW ZEALAND

AN INSTITUTE OF AUT UNIVERSITY

Adjunct Professor / Performance Physiologist

THE GEEK-OUT

This week we geek out on 'power output' during cycling in an international Olympic distance triathlon.

THE 5 MINUTE FOCUS (OK well maybe a bit longer than that...)

Bev chats to Sam James, Managing Director of Blucore about their awesome new 'Corsuit' product.



GIVEAWAYS

In this episode we are giving away both a 150g tub of Balance 100% Pure Beta Alanine AND we're also giving listeners an opportunity to win one of the amazing 'Corsuits' pictured above! To be in with a chance to win look out for the competitions on Facebook!



LINKS

More about the Corsuit at <http://blucoreswim.com/>

Paul Laursen can be found at: <http://www.aut.ac.nz/profiles/sport-recreation/professors/paul-laursen>

More about the Heat Chambers at AUT/Millennium Institute at <http://www.autmillennium.org.nz/theclinics/enduranceperformance/heat-acclimatisation-training/>

More about the Floe Bottle at <http://www.floebottle.com/>

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

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