

SEPT
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FITTER RADIO EPISODE 025:

This week Bev speaks to us from the ITU Long Distance World Champs in Weihai, China.

ONE STEP AHEAD

Mikki talks to us about pre-race nutritional principles – recommendations on what and what not to consider!

WORKOUT OF THE WEEK

Bevan talks to Daniel Plews, Physiologist at High Performance Sport New Zealand, about 'Heart Rate Variability' – measuring the gap between your heart beats and what this can mean for athletic performance. Dan, a triathlete in his own right, is currently working with Rowing NZ and has completed a PhD in this fascinating subject!



THE GEEK-OUT

This week Mikki geeks out on pre-competition sleep behaviour and whether there is any relationship between this, pre-competition mood and/or subsequent race-day performance.

HOT PROPERTY INTERVIEW

We bring you a selection of interviews from the Kiwi Elite and Age Group teams before their World Champs race in China on 21 September! Who they are and what their aspirations are for the race.

LINKS

Dan Plews can be contacted at daniel.plews@hpsnz.org.nz

Results from the race in Weihai now up at <http://www.triathlon.org/live>

CONTACT US

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