

OCT
27
2014

FITTER RADIO EPISODE 030:

WORKOUT OF THE WEEK

The 'Need for Speed' – High Intensity Running as part of your running programme and how to improve your velocity at VO2 max. The Billat's 30-30 workout and how to perform it.

ONE STEP AHEAD

Mikki talks to us about testosterone and the male athlete. What you can do dietary wise to improve your levels.

THE GEEK-OUT

Peppermint Oil – its effect on the exercise performance, physiological and respiratory parameters of runners.

HOT PROPERTY INTERVIEW

This week we bring you an interview with American pro triathlete Jordan Rapp. Jordan has been racing as a pro for several years in addition to his work as Chief Technology Officer of the triathlon/cycling site Slowtwitch.com

Jordan is the 2011 ITU Long Distance Triathlon World Champion plus he's won numerous long distance events including five Ironman races in New York, Texas, Canada (twice) and Arizona. His next race is Ironman Arizona on November 16th 2014.



5 MINUTE FOCUS

This week we talk to Craig Brain of Allsports Distribution about the HOKA ONE ONE Maximalist Running Shoe. HOKA ONE ONE shoes are based on the concept of oversized constructs in which a larger 'sweet-spot' is utilized to aid performance. Hoka has engineered a unique performance midsole geometry that features a higher volume, softer density, and greater rebounding foam than standard running shoes.



(Image: The Men's 'Clifton')

LINKS

Allsports Distribution Limited <http://www.allsports.co.nz/>

Hoka One One at <http://hokaoneone.co.nz/>

Jordan Rapp on Twitter <https://twitter.com/rappstar>

Jordan Rapp's Blog <http://blog.rappstar.com/>

Jordan Rapp on Facebook <https://www.facebook.com/Rappstar.Racing>

World Bicycle Relief - Mobilizing people through the power of Bicycles – learn more about them here <http://www.worldbicyclerelief.org/>

Testosterone support from Ethical Nutrients at

<http://ethicalnutrients.com.au/content/products/ginseng-5-exhaustion-relief> and

Endura Sports Nutrition <http://www.endura.com.au/products/overtraining-formula>

The Network Triathlon Club <http://www.thenetworkclub.co.nz/>

Billat's 30-30 Workout http://running.competitor.com/2014/01/training/workout-of-the-week-billats-30-30_33782

Review of the shoes in Competitor Magazine -

http://running.competitor.com/2014/10/news/sole-man-shoes-ironman_115927

CONTACT US

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