

DEC
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2014

FITTER RADIO EPISODE 039:

WORKOUT OF THE WEEK

Predictors or calculators that help athletes determine optimal ironman marathon pacing for both training and racing.

ONE STEP AHEAD

Maintaining weight on an LCHF diet.

HOT PROPERTY INTERVIEW – RICHARD MURRAY

At the age of 25, Richard Murray has already become one of the most successful triathletes in Africa. He finished the 2014 season ranked 8th on the world rankings and with two medals – silver and bronze – from the Commonwealth Games in Scotland. His best results in the World Triathlon Series were the second place in London - when he lost out in a sprint to Mario Mola - and third in Yokohama. In both races he got the better of the Brownlee brothers, Alistair and Jonathan. Bevan talks to Richard about his career to date, his most memorable races and his plans for the future.

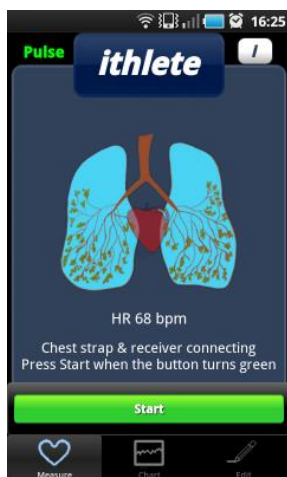


THE GEEK OUT

The protective benefits of beer in relation to vascular function.

5 MINUTE FOCUS

We talk to Simon Wegerif of "ithlete" <http://myithlete.com/> about their heart rate monitoring technology that tells you when to train and when to rest.



ithlete
Train.Recover.Perform

GIVEAWAY

We are delighted to be able to offer our listeners TWO amazing giveaways this week!

Details on entering as follows:

1. Win an individual entry to the iron distance Challenge Wanaka race on Sunday 22 February 2015! Email us at info@fitter.co.nz the answer to the following question “Who has the Challenge Family recently partnered with as their coaching company?”
2. Win the Heart Rate Variability app PLUS the heart rate strap and ECG receiver from ithlete. Post a photo to our Facebook page of your New Year’s celebrations – celebrations that could detract from a good HR variability score! 😊

LINKS

More about Richard Murray at <http://www.trimurray.com/> and Facebook at <https://www.facebook.com/RichardTRImurray> and Twitter at https://twitter.com/RD_murray

Read more about ithlete products on their website here <http://myithlete.com/> and on Facebook at <https://www.facebook.com/ithlete>

More about the Challenge Wanaka race at <http://www.challenge-wanaka.com/>

CONTACT US

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