

JAN
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2015

FITTER RADIO EPISODE 041:

ONE STEP AHEAD

Alcohol...the best options and when you've overdone it the 7 best hangover cures!

HOT PROPERTY INTERVIEW – KATEE PEDICINI

Katee Pedicini is based in Australia and runs a coaching website called Holistic Endurance Triathlon Coaching. Bevan talks to Katee about her real life struggle with chronic adrenal fatigue and how she managed to come through the other side. We also take a 'real world' view of triathlon and look at the type of person that gets into the sport plus the sorts of issues they face, from overtraining through to coping physically with the rigors of the weekly training load.



WORKOUT OF THE WEEK

Training in your expected race position. What we should be doing to optimise our power output whilst in race position.

5 MINUTE FOCUS

This week we bring you Danny and Eric from Endurance Films. Endurance Films is a full service HD video production company focusing on the production and worldwide distribution of endurance sports training multimedia and entertainment. After the debut of its inaugural feature project documenting the formation of the 2000 US Olympic Triathlon Team, Endurance Films fast became recognized as the leading producer of sports instructional and training videos specifically catering to the multi-sport market.



Amazing
Resources
for Athletes

THE GEEK OUT

High heels and the risk of running injuries.

GIVEAWAY

Are these really high heels? Watch out for our Facebook picture of Mikki's heels and post your comments to be in the draw to win Balance gels.

LINKS

More about Katee Pedicini at <http://www.holisticendurance.com.au/> and on Facebook at <https://www.facebook.com/Holisticendurance>

Visit Endurance Films at <https://endurancefilms.com/store/home.php>

More about Gray Cook methods at <http://graycookmovement.com/>

More about FMS or Functional Movement Systems at

<http://www.functionalmovement.com/>

Dave Bowden at Speedtheory <http://speedtheory.co.nz/>

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

CONTACT US

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