

JAN  
26  
2015

## FITTER RADIO EPISODE 043:

### ONE STEP AHEAD

Recovering from the sugar binge after your race. What you can do to mitigate the effects of the sugar in your system.

### HOT PROPERTY INTERVIEW – CAT MORRISON

Catriona Morrison has had an amazing career to date having won multiple World Duathlon titles, 70.3 races, Iron Distance races, the iconic Alpe D'Huez Long Distance Triathlon and has also competed at the Commonwealth Games. She has recently announced that she's stepping away from the sport and retiring. Bev talks to her about her career to date, her thoughts and opinions about the sport and we hear some stories about her time racing in NZ!



### WORKOUT OF THE WEEK

Stride length and running – what happens as we age and what can we do about it.

### 5 MINUTE FOCUS

We talk to Sean Smit of "Race Day Triathlon". Race Day are about to launch their new website which is committed to providing age group triathletes with premium quality high performance triathlon accessories.

THE  
**RACEDAY**  
TRIATHLON TRANSITION MAT

LAUNCHES  
**28 JAN 2015**

[FIND OUT MORE!](#)

### **THE GEEK OUT**

Brain Endurance Training (B.E.T) – a new way of training with the potential to boost performance without leaving your armchair!

### **SPECIAL OFFER**

Thank you to our friends at 'ithlete' who have offered all our listeners a 10% discount off all purchases from their website. Go to <http://myithlete.com/> and use the code 'fitterradio' to qualify for the discount

### **LINKS**

More about Catriona Morrison at <http://www.catmorrison.com> and on Twitter at [https://twitter.com/cat\\_\\_morrison](https://twitter.com/cat__morrison)

Workouts at [http://running.competitor.com/2014/09/training/fast-40-master-stride\\_113559](http://running.competitor.com/2014/09/training/fast-40-master-stride_113559)

Hip Mobility stretches at <http://blog.myfitnesspal.com/8-hip-stretches-your-body-really-needs/>

Visit Race Day Triathlon at <http://www.racedaytriathlon.com/>

Visit 'myithlete' at <http://myithlete.com/>

### **CONTACT US**

Learn more about us at <http://www.fitter.co.nz>

Like us on Facebook at <http://www.facebook.com/fitter.co.nz> for the latest news and information

Mikki Williden can be found at <https://www.facebook.com/mikkiwillidennutrition>

[LISTEN HERE](#)