

FEB
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FITTER RADIO EPISODE 044:

ONE STEP AHEAD

Creatine – what is it and is it useful for endurance athletes.

HOT PROPERTY INTERVIEW – TIM GUDSELL

Tim is one of New Zealand's most decorated professional cyclists being one of the very few New Zealanders to have reached the top of the pro tour of professional cycling. Tim has competed in the European classics and Grand Tours including Giro d'Italia and the Vuelta a España and has also competed in the Olympics and Commonwealth Games. He has a career that spans both the track and the road.



WORKOUT OF THE WEEK

'The shape of rings to come' – the chain ring... circular or oval?

5 MINUTE FOCUS

We talk to Murray Healey, one of New Zealand's premier triathlon coaches, who is more recently working at grass roots level with kids in Northland schools with a programme called SBR Kids. As a former National High Performance coach who coached at Olympic and World Cup level Murray is passionate about moving triathlon into a national schools programme and encouraging children to be involved in the sport. Now with the backing of Kelloggs Nutri-Grain it looks as though that dream is closer to becoming a reality!



THE GEEK OUT

Enhancing performance through nutritional strategies in a marathon.

LISTENER Q AND A

Breakfast recommendations before a long bike and on race day.

LINKS

Follow Tim on Twitter at <https://twitter.com/timgudsell>

More about Ventouro at <http://ventouro.com/>

Find out more about SBR Kids at <http://www.sbrkids.co.nz/> and like them on Facebook at <https://www.facebook.com/sbrkidsnz>

CONTACT US

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