

FEB  
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2015

## FITTER RADIO EPISODE 047:

### ONE STEP AHEAD

Antibiotics – the negative effects for athletes and how to minimise them.

### HOT PROPERTY INTERVIEW – SAM WARRINER

Samantha Warriner claimed her first ITU World Cup victory in Japan in 2005, followed by seven more big wins including the overall World Cup series in 2008, a silver medal at the Commonwealth Games in 2006, bronze medal at the 2008 world championships and selection for the 2008 Beijing Olympics. She moved to endurance distances in 2009 with IRONMAN 70.3 wins in Geelong, Steelhead and the Port of Tauranga Half, winning four more in 2010 before her debut victory at IRONMAN New Zealand in 2011. In 2012 Sam gave birth to her daughter Lola-Rose.



### WORKOUT OF THE WEEK

Tapering and peaking for a race. How to freshen up without losing too much fitness.

### 5 MINUTE FOCUS

We talk to Stephen Ahnert from Redshift Sports (<http://www.redshiftsports.com>) about their dual-position seatposts and quick release aero bars – products that allow cyclists to turn a road bike into a tri bike.



## **THE GEEK OUT**

10 reasons why NOT to ice that injury!

## **LINKS**

Follow Sam on Twitter at <https://twitter.com/samwarriner>

More about Sweat7 at <http://www.sweat7.com/>

More about Redshift Sports at <http://www.redshiftsports.com/>

## **CONTACT US**

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