

MAR
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FITTER RADIO EPISODE 048:

ONE STEP AHEAD

Natural foods/supplements that can act as antibiotics.

HOT PROPERTY INTERVIEW – LAURENT VIDAL

Laurent Vidal (aged 31) is a French professional triathlete and one of the most consistent performers on the ITU circuit. He was three times French National Champion (2009, 2011 and 2012) and two times Olympian taking 5th place in London 2012. After heart issues as a result of an arrhythmia (heart rhythm disorder) in 2014, Laurent is currently spending more of his time coaching – one of his athletes being his fiancé, New Zealand's Andrea Hewitt. We talk to Laurent about his triathlon career to date, his coaching and his plans for the future.



WORKOUT OF THE WEEK

Complex training.

5 MINUTE FOCUS

We talk to Henk Vogels, former Australian professional road cyclist, about Cranktip pedals. Most riders are unaware that some leg fatigue when riding is caused by the naturally occurring uneven resistance of a crank system. The new dual swing arm concept of the Cranktip pedals overcomes this problem whilst also providing greater energy. Read more about them at <http://www.cranktip.com/>



THE GEEK OUT

Does caffeine dehydrate?

LINKS

More about Laurent Vidal at <http://laurentvidal.fr/>

Follow Laurent on Facebook at <https://www.facebook.com/LaurentVidal.fb> and on Twitter at <https://twitter.com/laurentvidal>

More about Henk Vogels at <http://www.henkvogels.com/>

Visit Cranktip High Torque Performance Pedals at <http://www.cranktip.com/>

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