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2015

FITTER RADIO EPISODE 049:

ONE STEP AHEAD

Nutritional advice for over-trained athletes.

HOT PROPERTY INTERVIEW – TERENCE BOZZONE

We bring back Terenzo after his stellar performance at Challenge Dubai last weekend when he took out the half distance and came one step closer to winning the Challenge Triple Crown. The Triple Crown is a series of three half-distance triathlons culminating in a Grand Final in Challenge Bahrain in December 2015 and with a Grand Final prize purse of US\$1,000,000! Terenzo talks to us about the Dubai race, the 'wrong turn' that resulted in 4 minute penalties and his upcoming IMNZ race!



WORKOUT OF THE WEEK

Running and power walking on a treadmill.

5 MINUTE FOCUS

This week we talk to Rees Buck of Simple Hydration <http://www.simplehydration.com/> about the Simple Hydration Run Team and the Simple Hydration Water Bottle – an innovative hook-shaped bottle which allows runners or active individuals to simply hydrate on the go.



THE GEEK OUT

The placebo effect.

GIVEAWAYS

Thank you to the guys at Simple Hydration who have offered one of their Simple Hydration Water Bottles as a giveaway prize this week. For details on how to enter look out for the post on our Facebook page!

LINKS

More about Terenzo Bozzone at <http://www.terenzo.com/>

Follow Terenzo on Facebook at <https://www.facebook.com/terenzobozzone> and on Twitter at <https://twitter.com/terenzo1>

Visit Simple Hydration at <http://www.simplehydration.com/>

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