

## FITTER RADIO EPISODE 051:

### ONE STEP AHEAD

Colostrum - is it useful for endurance athletes.

### WORKOUT OF THE WEEK

Saddle sores and how to deal with them.

### HOT PROPERTY INTERVIEWS – DYLAN MCNEICE & CARL READ

What does it take to complete 2 x Iron Distance races 2 weeks apart? We are very excited to be able to bring you two interviews this week with kiwi pro athletes Dylan McNeice and Carl Read - two athletes who did just that. They recently completed New Zealand's two biggest Iron Distance races - Challenge Wanaka on 22 February and Ironman New Zealand on 7 March. We talk to each athlete about their races, how they prioritised, what training (if any) they did in between and what they had left in them for IMNZ.

| CHALLENGE WANAKA 2015    |                |         |
|--------------------------|----------------|---------|
| Dylan McNeice            | Overall Winner | 8:37:14 |
| Carl Read                | Third Place    | 8:50:47 |
| IRONMAN NEW ZEALAND 2015 |                |         |
| Dylan McNeice            | Third Place    | 8:38:05 |
| Carl Read                | Sixth Place    | 8:47:41 |



### 5 MINUTE FOCUS

This week we talk to Veronika Larisova from Eat like a Chief (<http://eatlikeachief.com/>) about their new Chief Bars. Made from 100% animal-based whole protein, they're a delicious, savoury snack with no chemicals, no preservatives, no gluten, no dairy and low sugar. Just natural, whole food with 100% grass fed meat, nuts and a little dried fruit – minimally processed and containing all the essential amino acids. Based in Sydney, Australia their first launch will be next month with production and sales commencing June this year.



### THE GEEK OUT

Does moderate alcohol consumption affect protein synthesis.

## SPECIAL OFFERS

In Episode #049 we talked to Rees Buck of Simple Hydration (<http://www.simplehydration.com/>) about the Simple Hydration Water Bottle – an innovative hook-shaped bottle which allows runners or active individuals to simply hydrate on the go. The awesome guys at Simple Hydration have offered all our listeners a discount of 10% off purchases using the code 'fitter10'. Thanks guys! 😊



## AUCKLAND UNIVERSITY OF TECHNOLOGY RESEARCH STUDY

WANTED!! Competitive Cyclists/Triathletes for Hydration Research Study.

Are you: Male, 20-40 years old and regularly competing in cycling or triathlon events?

Dr Andrew Kilding, Researcher at the Sports Performance Research Institute at AUT, is conducting research comparing the effects of ingested fluid temperature on 40km cycling time-trials in the heat. The research will involve 4 visits to the laboratory (each lasting approximately 90 minutes, 5-7 days apart) at AUT Millennium. Tasks will include:

Cycling test to exhaustion to determine aerobic fitness (VO2max)

3 x 40 km cycling time-trials in a heat chamber with different fluids

Would you like to participate? If you would like to find out more or want to register your interest to take part in this study please contact Dr Andrew Kilding at [andrew.kilding@aut.ac.nz](mailto:andrew.kilding@aut.ac.nz) for a detailed participant information sheet.



## LINKS

More about Dylan at <http://dylanmcneice.com/>

Follow Dylan on Facebook at <https://www.facebook.com/dylan.mcneice> and on Twitter at

<https://twitter.com/dylanmcneice> More about Carl at <http://www.carlread.com/>

Follow Carl on Facebook at <https://www.facebook.com/carl.read.12> and on Twitter at

<https://twitter.com/reado79>

Find out more about the Chief Bar at <http://eatlikeachief.com/>

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

More about AUT Millennium can be found at <http://autmillennium.org.nz/about-us>

## CONTACT US

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

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