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2015

## FITTER RADIO EPISODE 052:

### ONE STEP AHEAD

Food cravings – 21 common food cravings and what we can do about them.

### WORKOUT OF THE WEEK

Off season swimming – what you need to be doing to improve.

### HOT PROPERTY INTERVIEW – JAMIE TURNER

Jamie Turner is one of the top triathlon coaches in the world. He has spent two decades coaching Australia's best triathletes, served as the Olympic coach for Chile in 2008, and has coached a number of World Championship winners. Based primarily in Australia and Spain he is working as National High Performance Coach with Triathlon Canada and also works with a group of athletes who call themselves the Wollongong Wizards and who include some of the top ITU athletes in the world including Gwen Jorgensen and Aaron Royle.



### 5 MINUTE FOCUS

This week we talk to Dave Schell, Manager for Training Peaks University. Dave gives us a fascinating insight into Training Peaks, the Training Peaks University initiative and their plans for the future. Book for the event: TPU Australia: April 18-19 Brisbane, Queensland. Special guest Joe Friel – see links below



### THE GEEK OUT

Curcumin – one of the most effective and potent anti-inflammatory natural compounds around. Mikki talks us through a recent study looking at its effects on muscle damage, inflammation and DOMS.

## **LINKS**

Follow Jamie on Twitter at <https://twitter.com/jayteekiwi>

Follow the Wollongong Wizards at <https://twitter.com/gongwizards>

More about Swim Smooth at <http://www.swimsmooth.com/>

Tri Swim Coach at <http://order.triswimcoach.com/>

Ubersense at <http://www.ubersense.com/>

Coaches eye at <https://www.coachseye.com/>

Visit Training Peaks at <http://home.trainingpeaks.com/>

Book for the Training Peaks University event here

<http://home.trainingpeaks.com/products/products-for-coaches/trainingpeaks-university>

Good Health Turmeric 15800 Complex with Curcumin & BioPerine at

<http://www.goodhealth.co.nz/>

## **CONTACT US**

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

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