

APR
06
2015

FITTER RADIO EPISODE 053:

ONE STEP AHEAD

LCHF and thyroid.

WORKOUT OF THE WEEK

Your stroke rate for swimming – what you should be considering and how to determine where you sit.

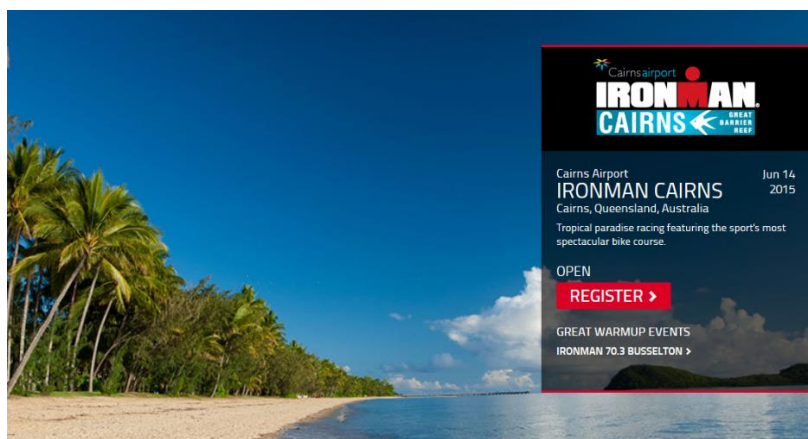
HOT PROPERTY INTERVIEW – MEL HAUSCHILDT

A former Australian steeplechase champion turned triathlete Mel is 2 x Ironman 70.3 World Champion and ITU Long Distance World Champion. She has also won 20 x Half Ironman races and, after a recent move to the full distance, won Ironman Australia and most recently the Ironman Asia Pacific Champs in Melbourne. A dramatic stop to tend to painful blisters could not prevent her from securing the overall win and with it a place in October's World Champs in Hawaii. We talk to Mel about her journey into triathlon, her races to date and those blisters (ouch!).



5 MINUTE FOCUS

Looking to do another Iron Distance event after IMNZ? Don't want to wait another year before you take the challenge on again? Jeff Gillies Chief Marketing Officer for Ironman Asia Pacific talks to us about the hugely popular IM Cairns Festival in June. It's the one event that includes a sprint race, an Olympic distance race, a kids event, a 70.3 and of course the full iron distance – ideal timing for Kiwis looking for an overseas winter break and race.



THE GEEK OUT

Stroke rate and swimming – a research study.

LINKS

Find out more about Melissa Hauschildt at <http://www.melissahauschildt.com/>

Follow Melissa on Facebook at <https://www.facebook.com/melhauschildt> and on Twitter at <https://twitter.com/melhauschildt>

Sara McLarty's blog for swim workouts at

<http://mastersswimworkoutsbysaramclarty.blogspot.co.nz/>

Swim Smooth Stroke Rate Chart here <http://www.swimsmooth.com/strokerate.html>

Buy a Finis Tempo Trainer at <http://www.finisinc.com/Tempo-Trainer-Pro>

More about the Cairns Adventure Festival here

<http://www.ironman.com/triathlon/events/asiapac/multisports/cairns.aspx#axzz3WNWXoSFi>

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