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2015

FITTER RADIO EPISODE 054:

ONE STEP AHEAD

Iron and its role in the body.

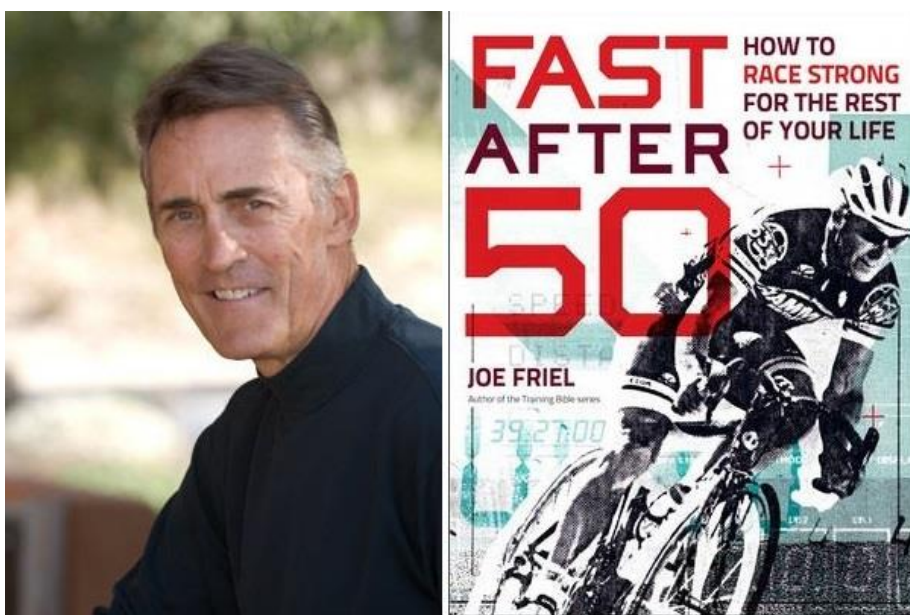
WORKOUT OF THE WEEK / 5 MINUTE FOCUS – GÖTZ HEINE

Götz Heine is the behind the scenes innovator of the mid sole cleat positions for cycling shoes - the shoes that Daniela Reefer was wearing when she recently won Challenge Dubai. He was also involved in the original design of SRM Power Meters, was one of the first people to look at the benefits of a High Fat (cream) diet over 15 years ago and more recently he has developed a nasal device that cuts down your oxygen supply during performance simulating the benefits of altitude training.



HOT PROPERTY INTERVIEW – JOE FRIEL

Joe Friel is the author of ten books on training for endurance athletes including the popular and best-selling Training Bible book series. He holds a Master's degree in exercise science, is a USA Triathlon and USA Cycling certified Elite-level coach, and is a founder and past Chairman of the USA Triathlon National Coaching Commission. Joe conducts seminars around the world on training and racing for cyclists, multisport athletes and coaches, and provides consulting services for corporations in the fitness industry. He is one of the founders of Training Peaks (www.trainingpeaks.com) and Training Bible Coaching (www.trainingbible.com). We talk to him about his latest project – his book “Fast After Fifty”



THE GEEK OUT

Omega 3 supplementation. Will it increase V02 max and blood flow.

LINKS

Follow Joe Friel's blog at <http://www.joefrielsblog.com/>

Follow Joe Friel on Twitter at <https://twitter.com/jfriel>

Buy Joe's book "Fast After 50" here <http://www.amazon.com/Fast-After-50-Race-Strong/dp/1937715264>

Hormone Nerd Series at <http://www.witsup.com/hormone-nerd-series-the-cycle-not-the-two-wheeled-kind/>

Mikki's salad: shredded brussels sprouts, chopped red pepper, avocado, coriander, parsley, coriander pesto, lemon juice, salt and pepper

GIVEAWAYS

Listen in to next week's show for your chance to win a free copy of Joe's book "Fast After 50"

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