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2015

FITTER RADIO EPISODE 055:

ONE STEP AHEAD

Is fast food a good recovery food?

WORKOUT OF THE WEEK

Yasso 800's – predicting your marathon time based on how long it takes you to run 800 meters.

HOT PROPERTY INTERVIEW – GWEN JORGENSEN

Gwen Jorgensen has just posted her eighth win in the ITU World Series with a comprehensive victory at the recent ITU World Triathlon Gold Coast. The victory marked the longest-running WTS streak of any elite woman since the inception of the series. Gwen, who trains with Wollongong-based New Zealand coach Jamie Turner, clocked a 1hr 56min time on the 1.5km swim, 20km bike and 10km run course. Not even a 15 second penalty for incorrectly racking her bike could derail the 28-year-old, who hasn't been beaten in a race in almost 12 months.



5 MINUTE FOCUS

This week we bring back Veronica Larisova from Agoga (a functional training facility based in Sydney) to talk about their Genetic Testing service. In partnership with XCode they analyse your DNA for diet, nutrition profile and response to exercise.



THE GEEK OUT

Wasted science? A research study that shows that an Ironman triathlon reduces neuro muscular performance due to impaired force transmission and reduced leg stiffness.

LINKS

Read more about Bart Yasso and the Yasso 800's here <http://www.bartyasso.com/800s>

More about Gwen at <http://www.gwenjorgensen.com/>

Follow Gwen on Facebook at <https://www.facebook.com/pages/Gwen-Jorgensen/213976238652055> and on Twitter at <https://twitter.com/gwenjorgensen>

More about Agoga here <http://www.agoga.com.au/>

Agoga's Genetic Testing service <http://www.agoga.com.au/genetic-testing/>

XCode can be found at <http://xcodelifesciences.com.au/>

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