

APR  
27  
2015

## FITTER RADIO EPISODE 056:

### ONE STEP AHEAD

Following on from last week's 'fast food' theme we look at the effects that fast food has in the body over a period of 5 days.

### WORKOUT OF THE WEEK

The 'sneaky breath' in swimming.

### HOT PROPERTY INTERVIEW – FREDERIK VAN LIERDE

Frederik Van Lierde, born in Belgium, is a professional triathlete in the service of the army. He graduated as a teacher of Physical Education in 2001 and with a background in swimming and triathlon decided to go long in 2007. His debut Ironman in 2008 was in New Zealand where he came 2nd and since then he has gone from strength to strength winning the Ironman Kona World Champs in 2013. His most recent win was the Port Elizabeth South African Ironman last month with his next race, Barcelona 70.3, coming up in May.



### 5 MINUTE FOCUS

Mark Stewart from 100% events talks to us about the Fiji International Triathlon Festival. Held on 6/7 June this is a perfectly positioned, celebratory end of season destination triathlon, offering a range of distances for both kids and adults. Plus this year they will also be hosting the first ever Oceania Triathlon Union Continental Sprint Cup with over \$10,000USD prize money up for grabs! <http://www.trifiji.com.au/>



### THE GEEK OUT

We look at the correlation between endurance running ability, the reproductive potential in men and finger length!

### GIVEAWAY

Win a downloadable copy of Joe Friel's latest book "Fast after 50". To be in the draw to win you need to email us on [info@fitter.co.nz](mailto:info@fitter.co.nz) with a photograph of your hand together with your best marathon time. Listen to this week's 'Geek Out' to learn why!

## **LINKS**

More about Frederik Van Lierde at <http://www.frederikvanlierde.com/>

Follow Freddy on Facebook at <https://www.facebook.com/freanlierde> and on Twitter at <https://twitter.com/fvanlierde>

The Fiji International Triathlon Festival at <http://www.trifiji.com.au/>

More about Oceania Triathlon Union events here <http://otu.triathlon.org/>

The Sneaky Breath <http://www.feelforthewater.com/2015/03/sneaky-breathing.html>

## **CONTACT US**

Learn more about us at <http://www.fitter.co.nz>

Like us on Facebook at <http://www.facebook.com/fitter.co.nz> for the latest news and information

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

[LISTEN HERE](#)