

MAY
11
2015

FITTER RADIO EPISODE 058:

LISTENER QUESTIONS

Does fat metabolism slow down when ingesting carbohydrates during exercise.

ONE STEP AHEAD

Polycystic ovary syndrome in endurance athletes.

5 MINUTE FOCUS

This week we talk to Gordon Drummond in Scotland, one of the guys behind the new 'Limits' Power Meter. Limits are bringing power to the market at an incredibly competitive price. Their power meter is interchangeable between bikes and the simplest ever to install and use. It is compatible with every type of bicycle and, for the first time, is located between the pedal and crank arm. <http://limits.technology/>



WORKOUT OF THE WEEK

We expand more on fitness testing and look at the metrics of 'Efficiency Factor' and 'Decoupling' available in the Training Peaks software.

HOT PROPERTY INTERVIEW – NICOLA SPIRIG

Nicola Spirig won Olympic Gold in London 2012 in a photo finish ahead of Lisa Norden in one of the closest and greatest triathlon races in history. After a brief break to have her baby boy Nicola has spent her time focussing on other races including her first marathon in Zurich finishing with an impressive 2:42:52, winning the Kitzbuhel ETU Champs and taking 1st place at her debut Ironman in Cozumel, Mexico. In her first race back on the WTS circuit last month Nicola raced to a podium finish at Cape Town. Bev talks to Nicola about her career to date, her progress and rise to triathlon champion and her plans around Rio and the future.



THE GEEK OUT

Beetroot juice – the latest study in respect of altitude running performance.

LINKS

Learn more about the Limits Power Meter at <http://limits.technology/> and on Facebook at <https://www.facebook.com/Limitspowermeter>

Learn more about Efficiency Factor and Decoupling from Training Peaks at <http://home.trainingpeaks.com/blog/article/efficiency-factor-and-decoupling>

More about Nicola Spirig at <http://www.nicolaspirig.ch/>

Follow Nicola on Facebook at <https://www.facebook.com/nicola.spirig> and on Twitter at <https://twitter.com/NicolaSpirig>

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