

MAY
25
2015

FITTER RADIO EPISODE 060:

ONE STEP AHEAD

Caffeine cycling.

HOT PROPERTY INTERVIEW – REBEKAH KEAT

What an amazing story Rebekah had to tell us. An Australian professional triathlete & ambassador with 20 years in the sport she is an Ironman Champion, Long Course Champion, Oceania Champion and multiple World Junior Champion. Bek talks to us about her career to date in the sport, her 2 year ban for a positive drug test for which she was later vindicated, the 2008 Kona race in which she helped Chrissie Wellington beat her to the victory, her DQ in Kona the following year and her relationship and marriage to the inspirational coach and two times Triathlon World Champ Siri Lindley.



WORKOUT OF THE WEEK

We bring back Kelly Sheerin to talk to us about The Endurance Performance Summit. AUT Millennium, Auckland.



The summit will bring together top athletes, coaches, scientists and practitioners to present and share their knowledge, skills and experiences on a variety of topics relevant to improving running, cycling and triathlon performance.

Hosted by the Sports Performance Research Institute New Zealand (SPRINZ) at AUT University – ranked number one in NZ for Sport and Exercise Science research, the Summit is all about elevating endurance: integrating and connecting science to the real world.

This Summit is aimed at coaches, athletes, scientists and fitness and health professionals who are interested in enhancing their knowledge of the science and medicine of endurance sport. The Summit will also be an excellent opportunity to network amongst like-minded industry professionals. <http://autmillennium.org.nz/special/enduranceperformancesummit>

5 MINUTE FOCUS

We talk to Vanessa Iacomino, Exhibition Director for the first ever Australian Triathlon, Endurance & Cycling Expo. Held on Saturday 4th and Sunday 5th July at the Sydney Showground it is Australia's first and only multisport expo outside of a competitive race. See, test and try the latest products in seven dedicated zones: Run, Bike, Swim, Nutrition, Obstacle, Technology and Junior. Learn from FREE seminars led by professional athletes, coaches and dietitians on training tips, nutrition, injury prevention, athlete sponsorship, swimming techniques, power meter cycling and more. Click here for more info: <http://www.atecexpo.com.au/>



THE GEEK OUT

Cross training. Does the fitness gained in one sport cross over in any way to other sports.

LINKS

More about Rebekah Keat at <http://rebekahkeat.com/>

Follow Rebekah on Facebook at <https://www.facebook.com/RebekahKeat> and on Twitter at <https://twitter.com/rebekahkeat>

Read more about the Endurance Performance Summit here

<http://autmillennium.org.nz/special/enduranceperformancesummit>

Find out more about the Australian Triathlon, Endurance & Cycling Expo at

<http://www.atecexpo.com.au/>

Contact Vanessa at Vanessa.iacomino@informa.com.au

More about Informa, Australia's leading conference, exhibition & training organiser at

<http://www.informa.com.au/>

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