

JUN
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2015

FITTER RADIO EPISODE 061:

ONE STEP AHEAD/WORKOUT OF THE WEEK

We revisit sleep.

ENDURANCE PERFORMANCE SUMMIT, AUT MILLENNIUM | 27 JUNE 2015

Over the next few weeks we will be talking to Kelly Sheerin about some of the speakers featuring at the upcoming Endurance Performance Summit.



ENDURANCE PERFORMANCE SUMMIT

The Endurance Performance 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.

AUT Millennium | Saturday 27th June, 8am-5pm

- Dylan McNeice - Ironman Athlete
- Dr. Grant Schofield - Professor of Public Health
- Kelly Sheerin - Sports Biomechanist
- Rob Creasy - Sports Physiologist
- Kaytee Boyd - Biomedical Nutritionist
- Bevan McKinnon - Triathlon Coach
- Dr. Andrew Kilding - Sports Physiologist
- Dr. Mikki Williden - Sports Nutritionist

For Speaker Topics | Expo Info | Costs | Registration Info go to: www.autmillennium.org.nz/eps

AUT UNIVERSITY  **ENDURANCE PERFORMANCE**  **AUT MILLENNIUM**

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. Professor Grant Schofield will be talking about the science behind LCHF (Low Carb High Fat) eating for endurance performance and Mikki Williden will be giving the practical application and hot tips on fat adaptation and how athletes can adopt this into their everyday practice.

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

HOT PROPERTY INTERVIEW – JODIE SWALLOW

Jodie Swallow is a champion triathlete having proven her talent at all distances over her years in the sport. She is an Olympian, an ITU World 70.3 World Champ, a World Long Distance ITU Champ, she is an Ironman winner and came fourth in Kona last year. She has recently won a record-breaking fifth straight victory at Ironman 70.3 South Africa setting a new course record and has been selected as one of the newly formed Bahrain Endurance 13. Jodie talks to us about her career to date, the challenges she's faced along the way and the people and events that have changed her life.



5 MINUTE FOCUS

We talk to Eric Min, Co-Founder & CEO of Zwift, “...the greatest innovation in cycling since the bicycle“. Some of the great things about cycling are the places you go and the people you go there with. Outdoor cycling is great, but sometimes weather, traffic, time constraints and distance from other cyclists can take the fun out of it. Zwift have created a new destination that places you and your bike into immersive, detailed, 3D landscapes with other cyclists from around the world. Now you can ride with anyone at any time. Packed with real-time stats, stunning lifelike graphics, and the latest in massive multiplayer online gaming, Zwift has kicked up the indoor cycling experience. <http://www.zwift.com/>



THE GEEK OUT

Telomeres, endurance training and the slowing down of ageing.

LINKS

More about Jodie Swallow at <http://www.ifollowtheswallow.co.uk/>

Follow Jodie on Facebook at <https://www.facebook.com/jodie.swallow> and on Twitter at <https://twitter.com/jodieswallow>

Read more about the upcoming Endurance Performance Summit at AUT Millennium here <http://autmillennium.org.nz/special/enduranceperformancesummit>

Ithlete and the Heart Rate Variability app at <http://www.myithlete.com/>

More about Buddhify at <http://buddhify.com/>

More about Headspace at <https://www.headspace.com/>

The 4-7-8 breathing trick <http://www.dailynutritionnews.com/trouble-sleeping-heres-how-i-learned-to-fall-asleep-in-under-1-minute-every-night/>

More about f.lux at <https://justgetflux.com/>

Zwift <http://www.zwift.com/>

More about Bahrain Endurance 13 at <http://bahrainendurance13.com/>

Read more about James Lawrence “Iron Cowboy” and his Indiegogo Campaign - 50 Ironman Triathlons, 50 Days, 50 States at <https://www.indiegogo.com/projects/50-ironman-triathlons-50-days-50-states-join-me#/story>

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

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