

JUN
08
2015

FITTER RADIO EPISODE 062:

ONE STEP AHEAD

Meal frequency and metabolism.

WORKOUT OF THE WEEK

Using perceived effort to gauge intensity in workouts.

ENDURANCE PERFORMANCE SUMMIT, AUT MILLENNIUM | 27 JUNE 2015

We bring back Kelly Sheerin to talk 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>

TRAINING PEAKS ENDURANCE COACHING SUMMIT | 28-29 JULY

We talk to AJ Johnson, Content Manager and Power Analyst for Training Peaks about their first Endurance Coaching Summit to be held in Boulder, Colorado on 28-29 July this year. The world's top endurance coaches, industry experts, and thought leaders come together to discuss successful business strategies and the latest in science based coaching.

<http://summit.trainingpeaks.com/>



ANCESTRAL HEALTH SOCIETY NEW ZEALAND SYMPOSIUM | 23-25 OCTOBER

This week Mikki talks to Jamie Scott President of The Ancestral Health Society of New Zealand. The Ancestral Health Society is a community of scientists, healthcare professionals, and laypersons who collaborate to understand health challenges from the evolutionary perspective of our ancestors. They will be holding their first international symposium on the shores of the stunning Lake Wakatipu, Queenstown, New Zealand from October 23rd – 25th, 2015. For more information visit their website here <http://ancestralhealthnz.org/>



The Ancestral Health Society
of New Zealand

THE GEEK OUT

Does doping improve performance in sport?

LINKS

Endurance Performance Summit, AUT Millennium:

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

Training Peaks Endurance Coaching Summit: <http://summit.trainingpeaks.com/>

The Ancestral Health Society of New Zealand Symposium:

<http://ancestralhealthnz.org/>

More about Dylan McNeice at <http://dylanmcneice.com/>

More about Andrew Kilding at <http://www.sprinz.aut.ac.nz/our-staff/co-directors/andrew-kilding>

Balance Sports Nutrition at <http://www.balancesportsnutrition.com/>

2XU at <http://www.2xu.co.nz/>

Sports: 'Performance enhancing' drugs decrease performance:

http://www.sciencedaily.com/releases/2015/05/150504082145.htm?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+sciencedaily%2Fmatter_energy%2Fsports_science+%28Sports+Science+News+---+ScienceDaily%29

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