

JUN
22
2015

FITTER RADIO EPISODE 064:

ONE STEP AHEAD

The 7 best (and most evidence based) supplements for endurance athletes.

WORKOUT OF THE WEEK

Hydration.

HOT PROPERTY INTERVIEW – CAROLINE STEFFEN

This week we bring you an interview from Cairns with the inspirational Swiss pro Triathlete Caroline (Xena the Warrior Princess) Steffen. Caroline is one of the Bahrain Endurance 13 Team and her career highlights to date are impressive:

2x IRONMAN World Championship Hawaii Runner Up 2010/2012

2x ITU Long Course World Champion 2010/2012

2x IRONMAN European Champion 2011/2012

Challenge Roth Champion 2013

2x IRONMAN Asia-Pacific Champion 2012/2014

She won the inaugural Ironman 70.3 Vietnam in May and then after our interview went on to win Ironman 70.3 Cairns. Bev talks to Caroline about her plans for the future and why she decided not to pursue a career in arm wrestling!



ENDURANCE PERFORMANCE SUMMIT, AUT MILLENNIUM | 27 JUNE 2015

We bring back Kelly Sheerin to talk about some of the speakers and sponsors featuring at the upcoming Endurance Performance Summit.

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



5 MINUTE FOCUS

We talk to Marketing & Communications Director for the Challenge Family and Race Director for Challenge Wanaka Victoria Murray Orr. Vics tells us about Challenge's initiatives to support the athletes who compete at Challenge races worldwide including relay team opportunities, the Challenge Wanaka Corporate Trophy and the newly announced Roth Rewards Scheme where athletes can get a guaranteed slot to Roth 2016!

<http://www.challenge-wanaka.com/corporate-trophy/>

<http://www.challenge-family.com/athletes-journey-roth-rewards/>



LINKS

Catch Me If You Can <https://www.youtube.com/watch?v=a61rS4jN3As>

Endurance Performance Summit, AUT Millennium

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

Asics <http://www.asics.co.nz/>

Shoe Clinic <https://www.shoeclinic.co.nz/>

More about Caroline Steffen at <http://www.xenasport.com/>

Follow Caroline on Facebook at [https://www.facebook.com/pages/Caroline-](https://www.facebook.com/pages/Caroline-Steffen/279128515444985)

[Steffen/279128515444985](https://www.facebook.com/pages/Caroline-Steffen/279128515444985) and on Twitter at https://twitter.com/Caroline_Xena

More about Challenge at <http://www.challenge-wanaka.com/corporate-trophy/>

<http://www.challenge-family.com/athletes-journey-roth-rewards/>

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