

JUL
06
2015

FITTER RADIO EPISODE 066:

ONE STEP AHEAD

Food order (or the order in which to eat food).

WORKOUT OF THE WEEK

Meditation.

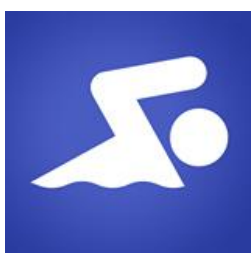
HOT PROPERTY INTERVIEW – SAM APPLETON

Sam Appleton is often referred to as the 'the new kid on the block' although he's been racing in triathlon for 12 years now. Sam moved into the sport from a swimming background and in 2008 joined the High Performance Triathlon squad racing ITU for a short time before taking a break and then making the decision to come back to triathlon and go long. Since then his career has taken off. Coached by Tim Reed he achieved his first podium in 2013 at 70.3 Port Macquarie with a flurry of other podiums following. His first win was also that year at the 70.3 in Canberra. Sam is one of the athletes selected for the Bahrain Endurance 13 Team and has his sights set on the 70.3 Worlds in Austria on August 29 2015.



5 MINUTE FOCUS

This week we bring you an interview with Fares Ksebati, Co-Founder and CEO of My Swim Pro. A personal swim coach app for swimmers and triathletes which features a comprehensive library of swim content workouts and instructional video. Choose one of three different levels (Beginner, Intermediate and Advanced) and gain access to a library with hundreds of swim workouts. Export to PDF, share your progress with friends, and swim smarter with in app set descriptions - <http://myswimpro.com/>



THE GEEK OUT

The benefits of tart cherry juice.

LINKS

Follow Sam Appleton on his blog at <http://samappleton.blogspot.co.nz/> on Facebook at <https://www.facebook.com/samappletonprotri> and on Twitter at https://twitter.com/sam_appo

More about My Swim Pro at <http://myswimpro.com/>

Download the app from iTunes at <https://itunes.apple.com/us/app/myswimpro-personal-swim-coach/id994386450?mt=8> and from Google Play at

<https://play.google.com/store/apps/details?id=com.myswimpro.android.app&hl=en>

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

Find out more about Headspace at <https://www.headspace.com/>

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

Bioceuticals product with Magnesium and Sour Cherry at

<http://www.bioceuticals.com.au/product/preview/Ultra-Muscleze-Night>

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