

AUG
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2015

FITTER RADIO EPISODE 072:

ONE STEP AHEAD

Probiotics and their role in helping increase running time to fatigue in the heat!

WORKOUT OF THE WEEK

Predicting your Ironman finish time.

HOT PROPERTY INTERVIEW – HEATHER AND TREVOR WURTELE

Heather and Trevor Wurtele are a husband and wife team who committed, full-time, to the sport of long course triathlon in 2009. They sold almost everything they owned and bought a small RV so that they could travel, train, and race around the world to follow the triathlon circuit. Heather is now a 6 time Ironman Champion, and 12 x Ironman 70.3 and half iron distance champion. Trevor won his first Ironman race in 2013 at Ironman Canada after winning Ironman 70.3 New Orleans the previous year and has been a consistent top 5 finisher over the 2012-2014 seasons. We talk to them both about their careers, their relationship, their plans for the future plus we test just how well they know each other!



5 MINUTE FOCUS

This week Bevan talks to homeopath Amanda Dunlop of HCH Formulas. Developed in New Zealand, HCH Formulas are a range of natural homeopathic sprays designed to help you with maintaining energy levels, improving mental clarity, boosting physical endurance, promoting faster recovery and stopping cramp. The sprays are completely natural without drugs or stimulants. HCH Formulas were the first in New Zealand to develop the use of a light weight sprayer application for these formulas. Easy to use, light to carry and perfect for use on the go. <http://www.hchformulas.com/>



LINKS

Find out more about Heather and Trevor at <http://www.teamwurtele.com/>

Follow them on Facebook at <https://www.facebook.com/teamwurtele1> and on Twitter at <https://twitter.com/teamwurtele>

Team Wurtele on YouTube at <https://www.youtube.com/user/hezandt>

More about HCH Formulas at <http://www.hchformulas.com/>

Prescript Assist probiotics and prebiotics at <http://www.prescript-assist.com/>

How to predict your Ironman finishing time at <http://www.220triathlon.com/training/long-distance/how-long-will-it-take-to-complete-your-first-ironman/8763.html>

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