

SEPT  
07  
2015

## FITTER RADIO EPISODE 075:

### ONE STEP AHEAD

Calcium phytonutrients.

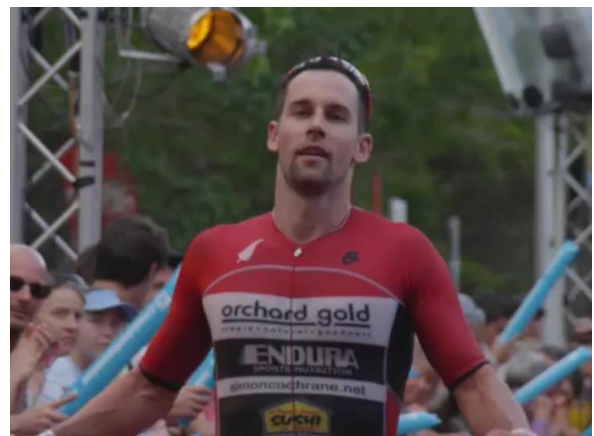
### WORKOUT OF THE WEEK

Plyometrics.

### HOT PROPERTY INTERVIEWS – LIZ BLATCHFORD & SIMON COCHRANE

Liz Blatchford is an Australian triathlete with British roots. In her very first Ironman Hawaii she ran straight to a spot on the podium. Her third place in Kona, only her third Ironman, capped a great 2013 and Liz's first full year as a long distance triathlete. In June this year she successfully defended her Ironman Cairns title and at Mont-Tremblant a few weeks ago won the race after a sprint finish with Mary Beth Ellis. Liz is currently in training for her next Kona race and will definitely be one to watch out for!

Simon Cochrane is a New Zealand based professional long-distance triathlete. Last month he achieved a 3rd place finish at Ironman Japan and with a few other good finishes under his belt now has his eye on qualifying for Kona.



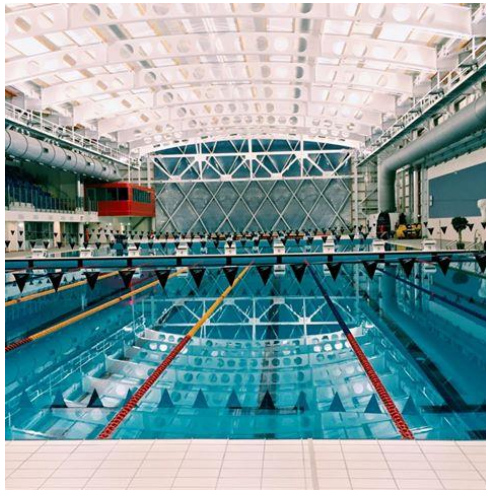
### THE BOGAN IN BOULDER

Our 'on the spot' roving reporter Carl Read (aka The Flying Mullet) gives us a weekly insight into life in Boulder.



## **NEW SWIM SQUADS - AUT MILLENNIUM, AUCKLAND**

Commencing Monday 21 September 2015... Fitter Swimming are launching new coached squads ideal for those athletes preparing for triathlon, open water and general fitness swimming. Situated at AUT Millennium in both the brand new National Aquatic Centre and the existing Millennium pool, our squads offer a unique opportunity to train year round in a 50 METRE POOL at a world class facility.



### **LINKS**

More about Liz Blatchford at <http://lizblatchford.com/>

Follow Liz on Facebook at <https://www.facebook.com/pages/Liz-Blatchford/163379120392712> and on Twitter at [https://twitter.com/Liz\\_Blatchford](https://twitter.com/Liz_Blatchford)

More about Simon Cochrane at <http://www.simoncochrane.net/>

Follow Simon on Facebook at <https://www.facebook.com/SimonCochraneIronman> and on Twitter at <https://twitter.com/CochraneSimon>

Visit AUT Millennium at <http://www.autmillennium.org.nz/>

More about Fitter Swimming at <http://www.fitter.co.nz/fitter-swimming.htm>

More about the Network Tri Club at <http://www.thenetworkclub.co.nz/>

More about Carl Read at <http://www.carlread.com/>

### **CONTACT US**

Learn more about us at <http://www.fitter.co.nz>

Like us on Facebook at <http://www.facebook.com/fitter.co.nz> for the latest news and information

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

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