

SEPT
14
2015

FITTER RADIO EPISODE 076

ONE STEP AHEAD

Fluoride.

WORKOUT OF THE WEEK

We hear what Meredith Kessler and Terenzo Bozzone do during their base training phase.

HOT PROPERTY INTERVIEWS – MEREDITH KESSLER & TERENCE BOZZONE

This week Meredith and Terenzo tell us about their love affair with triathlon and Taupo. They talk about the upcoming Ironman 70.3 and Ironman races in Taupo and tell us what they love about long distance triathlon and what's so special about Taupo as a destination.



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 Meredith Kessler at <http://www.meredithkessler.com/>

Follow Meredith on Facebook at <https://www.facebook.com/mbkessler55> and on Twitter at <http://www.twitter.com/mbkessler>

More about Terenzo Bozzone at <http://www.terenzo.com/>

Follow Terenzo on Facebook at <https://www.facebook.com/terenzobozone> and on Twitter at <https://twitter.com/terenzo1>

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

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

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

More about Ironman 70.3 Taupo at

<http://www.ironman.com/triathlon/events/asiapac/ironman-70.3/taupo.aspx#axzz3kDrbQc2D>

More about Ironman New Zealand, Taupo at

<http://www.ironman.com/triathlon/events/asiapac/ironman/new-zealand.aspx#axzz3kDrbQc2D>

Cupcakes with Cal - Marginal Gains! Go to <http://www.callummillward.com/cupcakes-with-cal-nz-high-performance-tri-team/>

Red Seal Toothpaste at <http://www.redseal.co.nz/product-category/toothpaste/>

Weleda Toothpaste at <http://usa.weleda.com/natural-products/natural-oral-care.aspx>

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