

SEPT
21
2015

FITTER RADIO EPISODE 077

ONE STEP AHEAD

Kombucha as a health tonic and potential recovery drink.

WORKOUT OF THE WEEK

'Getting Hot' - heat acclimation with Julia Casadio, Performance Physiologist with High Performance Sport New Zealand.

HOT PROPERTY INTERVIEW – MARK BOWSTEAD

In 2009 Mark won the 20-24 age group at the ITU long distance World Champ and New Zealand's prestigious non-drafting Olympic distance Tinman Triathlon. The next year he won the first of three straight wins at the Auckland Half Ironman. In 2014 Mark won the Taupo half, was 2nd at the Tauranga half, and this year won his first IM 70.3 at Buffalo Springs in a time of 3hrs 53mins. Mark loves nothing more than long training days and relishes his 7 hour brick sessions. He's moving long next year with his debut at this distance being IMNZ 2016. Can't wait to watch him race!



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.



THE GEEK OUT

Plyometrics with workouts.

LINKS

More about Mark Bowstead at <http://www.bowsteadbrothers.com/Home.html>

Follow Mark on Facebook at <https://www.facebook.com/BowsteadBrothersTriathlon> and on Twitter at <https://twitter.com/mbowstead>

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

Plyometric exercises at http://running.competitor.com/2013/07/training/power-boost-plyometrics-for-runners_79315

More about Julia Casadio at <http://hpsnz.org.nz/news-events/heat-goes>

Rhonda Patrick on heat acclimation at <http://www.foundmyfitness.com/reports/sauna-report.pdf>

Find out more about the Heat Chambers at AUT Millennium here

<http://www.autmillennium.org.nz/health-and-fitness/clinics/epc/heat-adaptation-services>

The Network Tri Club at <http://www.thenetworkclub.co.nz/>

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