

SEPT
28
2015

FITTER RADIO EPISODE 078

ONE STEP AHEAD

Processed meat.

HOT PROPERTY INTERVIEW - BRENT MCMAHON

This man makes Ironman look easy. Canadian, Brent McMahon made the move from ITU only a couple of years ago and since then has raced only 2 Ironman races. He completed the first in 7hrs 55m and the second in 7hrs and 56m. His plan for Kona? To win. And you know what, he might just do it!



WORKOUT OF THE WEEK

Bev talks to Kelly Sheerin, Running and Cycling Mechanics Clinic Manager at AUT Millennium about gait retraining and whether we should be changing our running technique.

THE BOGAN IN BOULDER

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



GEEK OUT

A review of the literature which looks at choosing the right running shoes for our feet.

5 MINUTE FOCUS

This week Bevan talks to Shannon Rea from Garmin about their new HRM Swim Strap and new HRM Tri Strap.



LINKS

More about Brent McMahon at <http://www.brentmcmahon.com/>

Follow Brent on Facebook at <https://www.facebook.com/brentmcmahonfanpage> and on Twitter at <https://twitter.com/tribrentmcmahon>

More about the new Garmin HRM's at <http://garminforerunner.com/reviews/garmin-hrm-tri-and-hrm-swim-underwater-heart-rate-monitors/>

Deal from Kiwivelo, Auckland on the Garmin Tri Bundle at

<http://www.kiwivelo.co.nz/garmin-forerunner-920xt-tri-bundle.html>

Matt Fitzgerald author of 80/20 Running at <http://www.mattfitzgerald.org/books/>

Shoe Clinic at <https://www.shoeclinic.co.nz/>

AUT Millennium running and cycling clinic at <http://www.autmillennium.org.nz/health-and-fitness/clinics/rcc>

More about Stur at <http://shop.sturdrinks.co.nz/>

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

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

CONTACT US

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