

OCT
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FITTER RADIO EPISODE 079

ONE STEP AHEAD

Supplements - are they a waste of time?

HOT PROPERTY INTERVIEW 1 - LUKE BELL

Luke is a professional triathlete, 'Australian made', with a career-best 5th place at Kona when he was just 24. Luke is a factor in every race he enters. He has consistently won and podiumed over the half-ironman distance and after numerous 2nd place finishes finally secured two Ironman titles in 2013, one of them at the North American Championships.



HOT PROPERTY INTERVIEW 2 - DOUGAL ALLAN

A kiwi triathlete, Dougal Allan lives in beautiful Wanaka, New Zealand. His career highlights to date include standing on podiums in adventure races in Brazil, China, Australia and Canada along with his favourite place to race, New Zealand, where he achieved 5 x podiums in the famous Speights Coast to Coast and 2 x podiums at Challenge Wanaka. Most recently Dougal placed second at Ironman Sweden in a personal best time of 8:25:33.



GEEK OUT

A study looking at lowering thermal state with a strategy to lower thermal sensation on endurance running performance and physiology in the heat. Menthol mouth rinse versus ice slurry.

5 MINUTE FOCUS

This week Bevan talks to Mark Leishman, Mountain Biker extraordinaire and Ambassador for an epic new mountain biking race coming to New Zealand's South Island in January 2016 called 'The Pioneer'. The Pioneer is an awe inspiring seven day mountain bike stage race through New Zealand's pristine Southern Alps. The first race of its kind to link together over 500kms of farm tracks, NZ Cycle Trails, double track and single track riding in a very special part of the world where soaring mountain peaks, crystal-clear blue lakes, and golden high country await.



GIVEAWAY

Win a free entry to the Ironman 70.3 in Taupo on Saturday 12 December! Sign up to our Newsletter at <http://www.fitter.co.nz/contact.htm> or watch Facebook for more details!

LINKS

More about Luke Bell at <http://luke-bell.blogspot.co.nz/>

Follow Luke on Twitter at <https://twitter.com/auzzieluke>

More about Dougal Allan at <http://www.dougalallan.com/>

Follow Dougal on Facebook at <https://www.facebook.com/Dougal-Allan-Triathlon-Multisport-Adventure> and on Twitter at <https://twitter.com/DougalAllan>

'What It Takes' - <http://www.witmovie.com/> - a documentary following four elite ironman athletes on their journey to the 2005 world championship race in Kona, Hawaii.

Link to Geek Out study at

<http://onlinelibrary.wiley.com/doi/10.1111/sms.12555/abstract;jsessionid=5F76505ADDB6BE993D987F96999B6B36.f04t02>

More about 'The Pioneer' at <http://thepioneer.co.nz/>

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

'An Evening with Cameron Brown' at <http://shop.autmillennium.org.nz/products/an-evening-with-cameron-brown>

Fitter Swimming triathlon and open water swim squads at <http://www.fitter.co.nz/fitter-swim-timetable.htm>

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