

OCT
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2015

FITTER RADIO EPISODE 080

KONA 2015

A round up.

ONE STEP AHEAD

Glucomannan - a weight control supplement

WORKOUT OF THE WEEK

Swim drafting.

HOT PROPERTY INTERVIEW - LUCY GOSSAGE

She's a four time Ironman champion and part of the 'sub-9 club' – a small group of female athletes who've finished a long-course triathlon in less than nine hours. Not only that, Lucy achieved it all whilst juggling the sport with her day job as a cancer doctor. She completed her PHD in Kidney Cancer in March last year and yesterday achieved her goal of becoming one of the top 10 fastest female Ironman competitors in the world.



GEEK OUT

Mindfulness techniques and athletic performance.

5 MINUTE FOCUS

A listener email - Oakes Trust



LINKS

More about Lucy Gossage at <http://lucygossage.com/>

Follow Lucy on Twitter at <https://twitter.com/lucygoss>

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

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

Research Paper on Mindfulness at <http://well.blogs.nytimes.com/2015/09/30/does-mindfulness-make-for-a-better-athlete/>

Glucomannan Powder at <http://www.tasmanhealth.co.nz/now-foods-glucomannan-powder/>

Thorsten's Triathlon Rating at <http://www.trirating.com/>

Oakes Trust at <http://oakestrust.org/>

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