

OCT  
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2015

## FITTER RADIO EPISODE 081

### ONE STEP AHEAD

Mikki interviews Dr Stacy Sims of Osmo Nutrition (<http://osmonutrition.com>). Stacy, an athlete in her own right (former pro-cyclist and Ironman World Championship Qualifier), is an innovative Exercise Physiologist and Nutrition Scientist of Thermoregulation, Hydration, and Performance Nutrition. Stacy and Mikki discuss these areas giving us a fascinating insight into the very real and significant differences between male and female athletes.



### WORKOUT OF THE WEEK

No hills? Bevan gives us some cycling strength endurance training workouts and suggestions on how to incorporate them into your programme.

### HOT PROPERTY INTERVIEW - SUSIE CHEETHAM

Susie Cheetham (nee Hignett) came from a competitive international running background in the UK and moved into long distance triathlon only so she could join her boyfriend on his long rides! A year later, she found herself competing as a professional triathlete. Susie astounded the triathlon community by coming 6<sup>th</sup> in her debut performance at Kona this month, her 3<sup>rd</sup> ever Ironman distance triathlon. She slowly picked off her fellow competitors with a run time of 03:06:55 finishing in an overall time of 09:23:50.



### GEEK OUT

Placebo - the power of the brain over performance.

## '25' MINUTE FOCUS!

We turned our 5 min focus section into a 25 min focus but we guarantee it's worth the extra listening time! Bev talks to Dan Plews, Physiologist for High Performance Sport New Zealand and the fastest Kiwi (adopted) in Kona this year (9hrs 12mins). Dan tells us about his race and how he prepared.



## LINKS

More about Dr Stacy Sims at <https://www.linkedin.com/pub/stacy-t-sims-phd/4/a94/9a1>

More about Osmo Nutrition at <http://osmonutrition.com/>

Contact Dan Plews here <http://hpsnz.org.nz/support-directory/daniel-plews>

Follow Dan Plews on Twitter at <https://twitter.com/theplews1>

More about Susie Cheetham at <http://www.susiecheetham.com/>

Follow Susie on Facebook at <https://www.facebook.com/susiecheethamtriathlete> and on Twitter at <https://twitter.com/susiecheetham>

Matt Fitzgerald's new book - 'How Bad Do You Want It? Mastering the Psychology of Mind over Muscle.' <http://www.mattfitzgerald.org/>

## CONTACT US

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Mikki Williden can be found at <https://www.facebook.com/mikkiwillidennutrition>

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