

NOV  
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2015

## FITTER RADIO EPISODE 083

### ONE STEP AHEAD

Is red meat carcinogenic.

### WORKOUT OF THE WEEK

This week Bevan talks to Chris Ritter of Ritter Sports Performance about weight training for endurance athletes. Chris has over a decade of experience successfully coaching a diverse population of athletes and clientele. His professional and academic credentials include a degree in Exercise Science & Kinesiology, CSCS, NASM-PES, USAW and IYCA-YFS. RITTER Sports Performance offers Personal Training, Athletic Development Programs as well as Nutritional Services.

Chris has set up a link for all our Fitter Radio Podcast listeners. Sign-up via the link below to gain access to Ritter Sports' newsletters and receive tips and updates plus instant access to their 'Pull-up Progression' - one of the most beneficial exercises to improve your performance. <http://rittersp.com/fitter-radio/>



### HOT PROPERTY INTERVIEW - NON STANFORD

Non comes from a running background and after transitioning to triathlon had a breakthrough year in 2012 with senior gold in the ITU Triathlon Mixed Relay and U23 gold at the ITU World Championships. She carried on to become the ITU World Champion in 2013. 2014 was a tough year during which she missed the entire season through injuries, but she came back strongly in 2015 to finish second at the Rio Olympic Test Event and the ITU World Triathlon Grand Final in Chicago - meeting the British Triathlon Olympic selection criteria for Rio 2016 in the process.



## GEEK OUT

Muscle memory - is it real or not.

## 5 MINUTE FOCUS

We bring back Terenzo Bozzone to talk about his training regime and what he does during the build phase leading into an event.



## LINKS

More about Ritter Sports Performance at <http://rittersp.com/>

More about Non Stanford at <http://www.nonstanford.com/>

Follow Non on Facebook at <https://www.facebook.com/NonStanfordTri> and on Twitter at <https://twitter.com/nonstanford>

More about Terenzo Bozzone at <http://www.terenzo.com/>

Follow Terenzo on Facebook at <https://www.facebook.com/terenzobozzone> and on Twitter at <https://twitter.com/terenzo1>

Port of Tauranga Half Ironman at <http://mountfestival.kiwi/events/port-of-tauranga-half/>

Buy your Garmin device at Kivivelo <http://www.kivivelo.co.nz/>

Ironman 70.3 Taupo <http://www.ironman.com/triathlon/events/asiapac/ironman-70.3/taupo.aspx#axzz3qCer193l>

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