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FITTER RADIO EPISODE 084

ONE STEP AHEAD

Listener question around race nutrition plus Mikki talks to us about the top most addictive foods.

WORKOUT OF THE WEEK

Self-esteem.

HOT PROPERTY INTERVIEW - SARAH PIAMPPIANO

This year Sarah pulled out an amazing 7th place at Kona. Amazing because Sarah only got into triathlon in 2009 over a bet with a friend. She barely knew what a triathlon entailed. Sarah was born in Maine in the US and was on skis at age 2. She went to a ski academy in Vermont and for three years raced around the globe against the World's best skiers. She also loved cross-country running but gave it up to concentrate on her skiing. Not only did Sarah win her bet but she loved the triathlon experience so much that she walked away with a fire in her belly and thought – 'I love this. I can be GOOD....or maybe even great'.



GEEK OUT

Logging your miles in nature does wonders for your mental health.

5 MINUTE FOCUS

Bike insurance.

LINKS

More about Sarah Piampiano at <http://sarahpiampiano.com/>

Follow Sarah on Twitter at <https://twitter.com/SarahPiampiano>

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

Wiggle Cycling Insurance at <https://cycleinsurance.wiggle.co.uk/>

Bikesure Cyling Insurance Specialists at <http://bikesure.co.nz/>

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LISTEN HERE