

NOV
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2015

FITTER RADIO EPISODE 086

ONE STEP AHEAD

Avoiding weight gain over the holiday season.

WORKOUT OF THE WEEK

We bring back Cam Brown and Dylan McNeice to talk about Ironman Taupo 70.3 and what they do in their taper phase leading into an event.



HOT PROPERTY INTERVIEW - BRADEN CURRIE

Braden Currie is one of the world's most respected multi-sport adventure racing athletes. He's the 2 x winner of New Zealand's iconic Coast to Coast race as well as numerous other multisport races both here and overseas. This month he not only raced to 2nd place in the Xterra World Champs in Maui but also made the announcement that he's giving ITU a crack with the hopes of possibly qualifying for Rio.



GEEK OUT

Introducing our new contributors who join us this week for our Geek Out. 'The Prof' (Paul Laursen - who leads the Performance Physiology Team at High Performance Sport New Zealand) and 'The Plews' (Dan Plews - Physiologist for High Performance Sport New Zealand). This week they talk to us about 'Factors affecting performance in ultra-endurance triathlon'.

LINKS

More about Braden Currie at <http://www.bradencurrie.com/>

Follow Braden on Facebook at <https://www.facebook.com/multisportbradencurrie/> and on Twitter at <https://twitter.com/bradencurrie>

More about Red Bull Defiance at <http://redbulldefiance.co.nz/>

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

Contact Dan Plews here daniel.plews@hpsnz.org.nz

Contact Paul Laursen here paul.laursen@hpsnz.org.nz

Link to study 'Factors affecting performance in an ultra-endurance triathlon'

<http://www.ncbi.nlm.nih.gov/pubmed/11286356>

Follow Cam on Facebook at <https://www.facebook.com/cameron.brown.7169> and on Twitter at <https://twitter.com/chuckibrown>

More about Dylan McNeice at <http://dylanmcneice.com/>

Follow Dylan on Facebook at <https://www.facebook.com/dylanmcneice.triathlete> and on Twitter at <https://twitter.com/dylanmcneice>

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