

NOV
30
2015

FITTER RADIO EPISODE 087

ONE STEP AHEAD

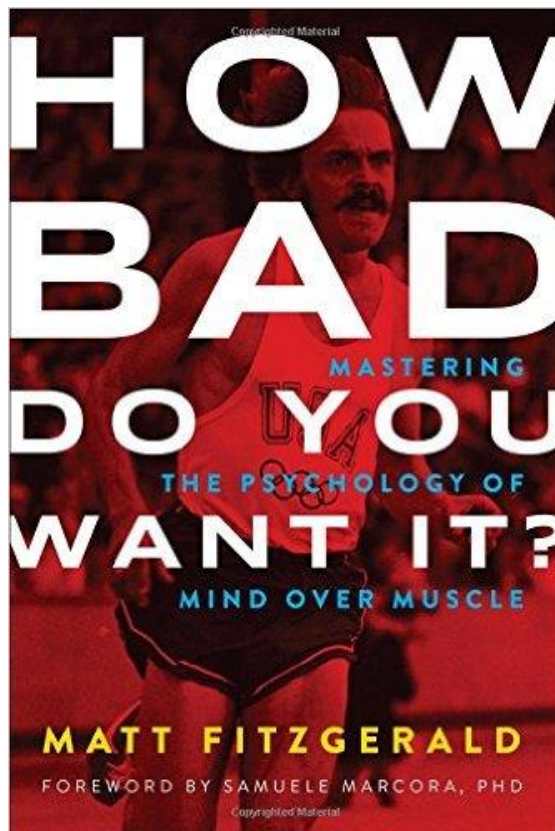
Quick and easy lunch and smoothie ideas.

WORKOUT OF THE WEEK

Tapering - what it means leading into an event and why we do it. We also bring back Terenzo Bozzone and Meredith Kessler to talk about Ironman Taupo 70.3 and what they do in their taper phase leading into an event.

HOT PROPERTY INTERVIEW - MATT FITZGERALD

Matt Fitzgerald – writer/athlete/coach - is a prolific endurance author and frequent contributor to Ironman and Training Peaks. He talks to us about his most recent book 'How Bad Do You Want It - Mastering the Psychology of Mind over Muscle'. The greatest athletic performances spring from the mind, not the body. Elite athletes have known this for decades and now science is learning why it's true. In this fascinating new book Matt examines more than a dozen pivotal races to discover the surprising ways elite athletes strengthen their mental toughness.



5 MINUTE FOCUS

This week Bevan talks to Lauren Watson of SMC Events about the Mount Festival of Multisport incorporating the 2016 Port of Tauranga Half.



GIVEAWAY


WIN A FREE ENTRY to the Triathlon New Zealand Tag Team Championships held on the Mount Festival of Sport weekend, 8-10 January 2016. One of the newest and most exciting races in the sport of triathlon, this fast paced, action packed event will see teams made up of 2 to 4 members each complete a short distance swim, bike and run course. To be in with a chance to win go to their website at <http://mountfestival.kiwi/> and email us at info@fitter.co.nz with the name of one of their sponsors. Competition ends and winner drawn at 12 noon on Friday 4 December. Good luck!

GEEK OUT

This week our geeky contributors 'The Prof and The Plews' talk to us about keeping your cool in extreme conditions and the strategies to help maximise your performance in triathlon.

To beat the heat

- Train specifically for your event
- Prepare in the heat
- Use precooling that is practical
- Ice slushy/cold fluids for internal cooling
- Ad libitum fluid consumption
- Practice
- Believe
- The cooler you feel, the better you'll perform



LINKS

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

Meredith Kessler at <http://www.meredithkessler.com/>

Buy Matt's book at <http://www.amazon.com/How-Bad-You-Want-Psychology/dp/1937715418>

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

More about the Mount Festival of Multisport at <http://mountfestival.kiwi/>

Contact Dan Plews - High Performance Sport NZ at daniel.plews@hpsnz.org.nz

Contact Paul Laursen - High Performance Sport NZ at paul.laursen@hpsnz.org.nz

More about High Performance Sport New Zealand here <http://hpsnz.org.nz/>

More about the heat acclimation services at AUT Millennium here

<http://www.autmillennium.org.nz/health-and-fitness/clinics/epc/heat-adaptation-services>

The Floe Bottle at <http://www.floe-bottle.com/>

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