

DEC
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FITTER RADIO EPISODE 089

ONE STEP AHEAD

Thyroid issues.

WORKOUT OF THE WEEK

Recovery.

HOT PROPERTY INTERVIEW ONE - SARAH PIAMPIANO

This week we welcome back Sarah Piampiano after her recent win at Ironman Western Australia.



HOT PROPERTY INTERVIEW TWO - LAURA SIDDALL

Laura Siddall is a Yorkshire girl with a degree in Mechanical Engineering and no background in triathlon. In 2010 she decided to give it a go and in her time as an age grouper won the 2013 Half Distance World Championships following that up with a win at the ITU Olympic Distance World Championships just one week later. Last year, Laura moved to San Francisco to pursue a career as a professional triathlete. She's seen success in the pro ranks already, taking second at the full distance Challenge Wanaka race earlier this year and more recently coming 3rd at Mandurah 70.3.



GEEK OUT

The Prof (Paul Laursen) talks to us in Paris from the ITU Science and Triathlon Conference and brings us an interview with world famous sports scientist Yann Le Meur. They discuss one of Yann's studies 'Functional overreaching: the key to peak performance during the taper?'

LINKS

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

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

More about Laura Siddall at <http://laurasiddall.com/>

Follow Laura on Twitter at <https://twitter.com/lmsiddall>

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/>

Link to the Le Meur study at <http://www.ncbi.nlm.nih.gov/pubmed/25134000>

Follow Yann Le Meur on Facebook at <https://www.facebook.com/YLMSportScience> and on

Twitter at <https://twitter.com/YLMSportScience>

Yann's infographics at <http://ylmsportscience.blogspot.fr/>

ITU Science and Triathlon Conference link <http://science.triathlon.org/programme>

Ironman 70.3 Taupo at <http://ap.ironman.com/triathlon/events/asiapac/ironman-70.3/taupo.aspx>

IronMaori at <http://www.sportsground.co.nz/site/10827/35993/>

Kiwivelo at <http://www.kiwivelo.co.nz/>

Follow Worralls Cycle & Sport Distributors on Facebook at

<https://www.facebook.com/whworralls>

Quarq Power Meters at <http://www.quarq.com/>

Metabolic Effect Podcast at metabolic effect <http://www.metaboliceffect.com/category/metabolic-effect-podcast/>

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