

DEC
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2015

FITTER RADIO EPISODE 090

ONE STEP AHEAD

The impact that some common medications can have on sleep.

WORKOUT OF THE WEEK

Measuring fatigue and recovery using Training Peaks and Heart Rate Variability.

HOT PROPERTY INTERVIEW - SAM WARRINER

This week we welcome back Sam Warriner to talk a little about her recent retirement from the pro ranks but more about her great new initiative 'Future ChampionZ'. The Future ChampionZ Festival's over-riding goal is to support the Tri NZ Youth Pathway and ultimately see more Kiwi athletes succeed on the world stage whilst providing a fun and exciting race weekend for all youth athletes.



GEEK OUT

The Prof (Paul Laursen) talks to us from Paris at the ITU Science and Triathlon Conference and brings us an interview with Inigo Mujika - Sports Scientist, Physiologist and Triathlon Coach - about the new evidence around strength training. Is it of any use to endurance athletes?

5 MIN FOCUS

Meet STRYD - The world's first power meter for running! We talk to Rob and Don from www.stryd.com about their device that runners wear as a chest strap and which accurately measures workout intensity across any terrain. It helps runners run faster and further without working harder.



COMPETITION

Win a free entry to the Tri Short Course event at the Port of Tauranga Mount Festival of Multisport on Sunday 10 January 2016. To enter go to their website and find out what the distances are for each of the swim, bike and run disciplines in the short course race. Then email us the distances at info@fitter.co.nz. Competition ends 12 noon on Christmas Day!

TRITM

SHORT COURSE

LINKS

Guide to Healthy Sleep at <http://m.ironman.com/triathlon/news/articles/2015/05/guide-to-healthy-sleep.aspx#axzz3qUgMOTVI>

Find out more about Future ChampionNZ here <https://futurechampionz.com/> and follow them on Twitter at <https://twitter.com/FutureChampNZ>

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/>

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

More about Inigo Mujika at <http://www.inigomujika.com/>

Follow Inigo on Twitter at <https://twitter.com/inigomujika>

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

More about Stryd at www.stryd.com

Dr Rhonda Patrick at FoundMyFitness <http://www.foundmyfitness.com/>

Training Peaks at <http://home.trainingpeaks.com/>

Heart Rate Variability App at <http://www.elitehrv.com/>

Dan Plews interview about Heart Rate Variability in Fitter Radio Episode #025 at <http://www.fitter.co.nz/fitter-radio-archives.htm>

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