

DEC  
28  
2015

## FITTER RADIO EPISODE 091

### ONE STEP AHEAD

Dark chocolate.

### WORKOUT OF THE WEEK

Shoulder rotation in swimming.

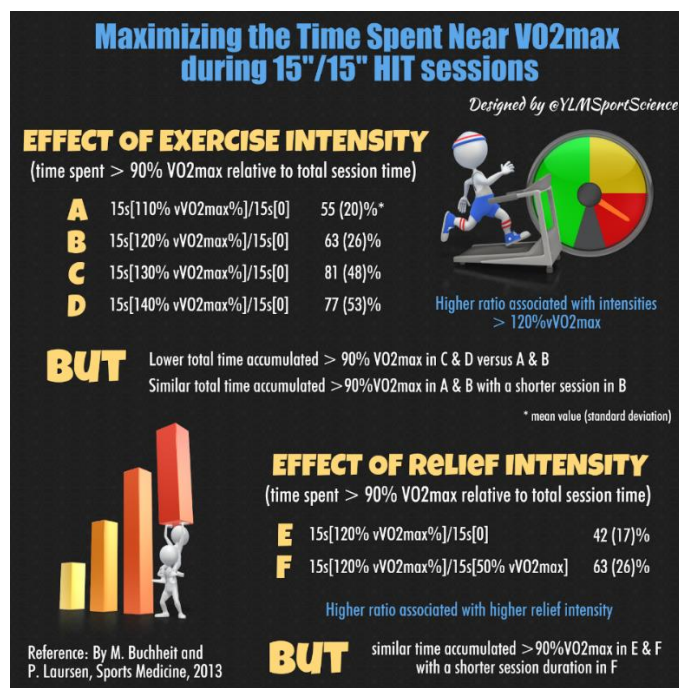
### HOT PROPERTY INTERVIEW - GRAEME MAW

High Performance Director for Triathlon, High Performance Sport New Zealand. On the lead up to Rio 2016 we talk with Graeme about some of our selected athletes and where they're at. We also discuss 'Federation Models', the current state of play with triathlon in New Zealand and what the plans are for 2020 and the future.



### GEEK OUT

The Prof and the Plews are back together and this week they're helping Bevan and Mikki out by interpreting Yann Le Meur's High Intensity Training infographic.



## 5 MIN FOCUS

Shannon Rae, Regional Sales Representative for Garmin Australasia talks to us about the new Forerunner 235 with Elevate™ heart rate technology which measures heart rate at the wrist 24/7, giving you the option to run without a strap. Plus, a new windows app for Garmin connect.



## LINKS

Contact Dan Plews - High Performance Sport NZ at [daniel.plews@hpsnz.org.nz](mailto:daniel.plews@hpsnz.org.nz)

Contact Paul Laursen - High Performance Sport NZ at [paul.laursen@hpsnz.org.nz](mailto:paul.laursen@hpsnz.org.nz)

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

Garmin <https://buy.garmin.com/en-US/US/into-sports/running/forerunner-235/prod529988.html>

Contact Graeme Maw at [graeme.maw@triathlon.org.nz](mailto:graeme.maw@triathlon.org.nz)

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/>

## CONTACT US

Learn more about us at <http://www.fitter.co.nz>

Like us on Facebook at <http://www.facebook.com/fitter.co.nz> for the latest news and information

Mikki Williden can be found at <https://www.facebook.com/mikkiwillidennutrition>

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