

JAN
11
2016

FITTER RADIO EPISODE 093

ONE STEP AHEAD

Cocoa - the performance enhancer. Water - is it a weight loss agent. Procrastination - the 2 minute rule.

WORKOUT OF THE WEEK

Concurrent Training.

HOT PROPERTY INTERVIEW - MAIK TWELSIK

In 2015 German Maik Twelsiek posted the fastest bike split at the GoPro Ironman World Championships in Kona - 4:25:10. He's a beast on the bike! In the last couple of years Maik has won Ironman Wisconsin, raced to second place at Ironman Austria and Ironman Lake Tahoe and in 2014 achieved his personal best time for an Ironman completing Arizona in 8:07:59. In February this year Maik will be coming to New Zealand to compete at the Challenge Wanaka full distance race. We're looking forward to seeing how he goes!



GEEK OUT

This week our geeky contributors 'Plews and Prof' talk to us about the effects of high and low cadence interval training on time trial performance.

5 MIN FOCUS

Perform your own Bike Fit with an app.

LINKS

Infographic workout of the week <http://ylmsportscience.blogspot.co.nz/2014/11/strategies-to-optimize-concurrent.html?m=1>

Workout of the week study <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4213370/>

Follow Maik Twelsiek on Facebook at <https://www.facebook.com/maik.twelsiek> and on Twitter at <https://twitter.com/maiktwelsiek>

Challenge Wanaka race at <http://www.challenge-wanaka.com/>

Embrunman Race, France at <http://www.embrunman.com/>

Geek out paper here

https://www.researchgate.net/publication/51038881_Effects_of_low_and_high_cadence_interval_training_on_power_output_in_flat_and_uphill_cycling_time-trials

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

More about the Bike Fast Fit app here <http://bikefastfit.com/>

CONTACT US

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