

JAN  
18  
2016

## FITTER RADIO EPISODE 094

### ONE STEP AHEAD

Aspirin.

### WORKOUT OF THE WEEK

High intensity running.

### HOT PROPERTY INTERVIEW - JOE SKIPPER

British pro triathlete Joe Skipper will be coming to New Zealand in February to do 'The Double'. He's doing what Dylan McNeice, Carl Read and Gina Crawford did last year. He's taking on the Challenge Wanaka long distance race and following it up with Ironman New Zealand two weeks later. His plan? To win Challenge Wanaka and podium at IMNZ. At only 27 years old he already has an impressive résumé - 5 elite long distance podiums including 1<sup>st</sup> at Challenge Weymouth in 2014 and 2<sup>nd</sup> at the IM Texas North American Champs in 2015. At Texas he raced to a personal best time of 8:16 having ridden a blistering IM bike split of 4:10 - he's one to watch out for!



### GEEK OUT

On a low carb diet and preparing for a race? This week our Geeky contributors 'The Plews and The Prof' talk to us about LCHF strategies pre, during and post competition.

### LINKS

More about Joe Skipper at <http://joeskipper.co.uk/>

Follow Joe on Facebook at <https://www.facebook.com/Joekippertriathlete> and on Twitter at [https://twitter.com/joe\\_skipper88](https://twitter.com/joe_skipper88)

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

Ironman New Zealand at <http://ap.ironman.com/triathlon/events/asiapac/ironman/new-zealand/register.aspx#axzz3xS3AUde7>

Contact Dan Plews - High Performance Sport NZ at [daniel.plews@hpsnz.org.nz](mailto:daniel.plews@hpsnz.org.nz) or on Twitter at <https://twitter.com/theplews1>

Contact Paul Laursen - High Performance Sport NZ at [paul.laursen@hpsnz.org.nz](mailto:paul.laursen@hpsnz.org.nz) or on Twitter at <https://twitter.com/PaulBLaursen>

More about Ucan at <https://store.generationucan.com/>

MCT powder at <http://www.myprotein.com>

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