

JAN  
25  
2016

## FITTER RADIO EPISODE 095

### ONE STEP AHEAD

Vitamin C mega dosing.

### WORKOUT OF THE WEEK

Monitoring the athlete training response.

### HOT PROPERTY INTERVIEW - BARBARA RIVEROS

Bevan talks to Bárbara Catalina Riveros Díaz, a Chilean professional triathlete, fresh from her win at 70.3 Pucon, Chile. A few months previously at the Toronto 2015 Pan American Games Barbara polished off a phenomenal run to secure her first ever Pan Am Gold Medal. Her victory not only gave Chile a Gold in the Games medal count, but also an automatic qualifying spot for the 2016 Rio Olympics. This will be Barbara's 3<sup>rd</sup> Olympics and at 10th in the ITU Olympic Qualification List: Rio 2016 Women's Standings she's looking forward to the challenge.

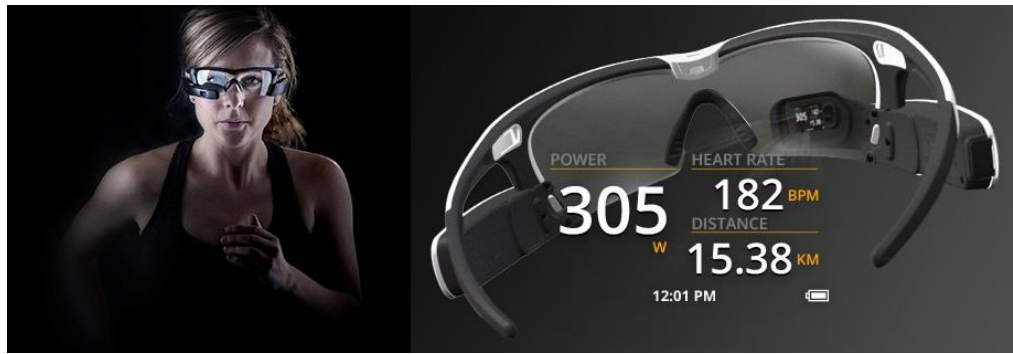


### GEEK OUT

This week our geeky contributors 'Plews and Prof' talk to us about enhanced endurance performance by periodisation of carbohydrate intake.

### 5 MIN FOCUS

Bevan talks to Thomas Fowler, Marketing and Sales Manager for Recon Instruments about the Recon Jet - advanced wearable eyewear with computer for sports - and in particular endurance athletes. Featuring a dual-core CPU, high-contrast display and point-of-view camera, Jet connects seamlessly to leading smartphones and wearable sensors, delivering contextually relevant information instantly, just below the user's right eye! Check out their awesome video here <https://youtu.be/LZvb4GYJW0k>. More about them at <http://www.reconinstruments.com/>



## LINKS

Link to Workout of the Week study:

<http://bjsm.bmj.com/content/early/2015/09/09/bjsports-2015-094758>

More about Barbara Riveros at <http://www.barbarariveros.cl/>

Follow Barbara on Facebook at <https://www.facebook.com/bcriveros/> and on Twitter at <https://twitter.com/bcriveros>

Ironman 70.3 Pucon Chile <http://ap.ironman.com/triathlon/events/americas/ironman-70.3/pucon.aspx#axzz3xigmllKF>

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>

Link to Geek Out study at <http://www.ncbi.nlm.nih.gov/pubmed/26741119>

More about Recon Jet at <http://www.reconinstruments.com/>

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