

FEB  
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2016

## FITTER RADIO EPISODE 096

### ONE STEP AHEAD

When is a calorie not a calorie.

### WORKOUT OF THE WEEK

How the pros train.

### HOT PROPERTY INTERVIEW - JARROD SHOEMAKER

Jarrold Shoemaker ITU star from Massachusetts came to triathlon from a running background and did his first triathlon in 2003. In his debut year as a professional triathlete, Shoemaker was crowned the 2004 USAT Under-23 National Champion. In the last 11 years he's earned numerous championship titles including 2009 Duathlon World Champ, two US National Champion titles (2010, 2012), 2009 USAT Elite Athlete of the Year, 2011 USA Elite Sprint National Champion, 2012 USAT Olympic/ITU Athlete of the Year and a member of the 2008 US Olympic Team. Spots for the USA Olympic team are still up for grabs and Jarrold is working hard to ensure his qualification for Rio.



### GEEK OUT

This week our geeky contributors 'The Plews and Prof' talk to us about HRV - Heart Rate Variability.

### 5 MIN FOCUS

Bev tells us about OTTO - the bike tuning system. An industry first, voice-guided iPhone vision app and tool that enables checking & tuning rear derailleurs in under a minute.

## **LINKS**

More about Jarrod Shoemaker at <http://www.jarrodshoemaker.com/>

Follow Jarrod on Facebook at <https://www.facebook.com/JarrodShoemakerTri> and on Twitter at <https://twitter.com/jarrodshoemaker>

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 Ember at <http://www.cercacor.com/>

More about Elite HRV at <http://www.elitehrv.com/>

More about the Otto tuning system at <http://ottodesignworks.com/>

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