

FEB
08
2016

FITTER RADIO EPISODE 097

ONE STEP AHEAD

How to tell if you're a fat burner.

WORKOUT OF THE WEEK

Micro burst high intensity interval training for cyclists

HOT PROPERTY INTERVIEW - ALICIA KAYE

Alicia Kaye, Canadian triathlete, gives us a fascinating insight into her career to date. Gaining pro status in the triathlon world at only 14 years of age she talks to us about the benefits and challenges she faced and her subsequent falling away from the sport. In 2013 Alicia had a breakthrough year with her coach Joel Filliol and last year won the Boulder 70.3, Calgary 70.3 and numerous other shorter distance triathlons. This year Alicia is planning to race her first iron distance race - Ironman Texas. She credits her husband, Jarrod Shoemaker, with helping her rediscover her passion for the sport.



GEEK OUT

This week our geeky contributors 'The Plews and Prof' talk about "Carbohydrate intake in the form of gel is associated with increased gastrointestinal distress but not with

performance differences when compared to liquid carbohydrate ingestion during simulated long distance triathlon.” Or in other words, gels versus liquids, which is better!

5 MIN FOCUS

Bev talks to Greg Olsen Director of Industrial Design at Cercacor about Ember. Using an advanced 8 LED sensor, a device paired with your smartphone, Ember measures your haemoglobin and pulse rate (2 of the most sought after indicators for performance and race readiness) in less than 90 seconds. Find out more about Ember at <http://www.cercacor.com/>



LINKS

More about Alicia Kaye at <http://www.aliciakayetri.com/>

Follow Alicia on Twitter at <https://twitter.com/AliciaKayeTri>

Endurance Shield at <http://www.enduranceshield.com/>

Workout of the Week Infographics at

<http://ylmsportscience.blogspot.co.nz/2015/10/maximizing-time-spent-near-vo2max.html?q=15+sec> and

<http://ylmsportscience.blogspot.co.nz/2015/09/maximizing-time-spent-near-vo2max.html>

Link to Geek Out study at <http://www.ncbi.nlm.nih.gov/pubmed/26323018>

Contact Dan Plews - High Performance Sport NZ at 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 or on Twitter at <https://twitter.com/PaulBLaursen>

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

CONTACT US

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