

FEB
15
2016

FITTER RADIO EPISODE 098

ONE STEP AHEAD

Tips for those athletes undertaking back to back iron distance races.

WORKOUT OF THE WEEK

High cadence training for cycling.

HOT PROPERTY INTERVIEW - NATALIE VAN COEVORDEN

Natalie Van Coevorden, Australian triathlete, is 23 years old and has been competing on the WTS circuit since 2012. As one of Jamie Turners' "Wollongong Wizards" she's part of a unique squad that puts her in an elite environment on a day to day basis both in Australia and overseas. Natalie recently decided to give the longer distance a go and raced to a second place podium at the Challenge Melbourne Half last month. Her main goal this year - to compete for Australia at the Olympic Games.



GEEK OUT

This week our geeky contributors 'The Plews and Prof' talk about "The Importance of Sleep for Athletic Performance".

5 MIN FOCUS

This week we bring back AJ Johnson, Content Editor and Power Analyst for Training Peaks, to talk about The Pacing Project - a new and innovative way for runners to look at how they're going to pace their next event: <http://www.thepacingproject.com/>



LINKS

The Squamish 50 mile Ultra at <http://squamish50.com/>

Primal Endurance by Mark Sisson at <http://www.amazon.com/Primal-Endurance-chronic-carbohydrate-dependency/dp/1939563089>

More about Natalie Van Coevorden at <http://natalievc.blogspot.co.nz/>

Follow Natalie on Twitter at <https://twitter.com/natalievc2212> and on Instagram at <https://www.instagram.com/natalie.vc/>

Why we spin – High cadence training for triathletes - Read Alan Couzen's MS (Sports Science) blog at <http://alancouzens.com/blog/CyclingCadence.html>

Link to Geek Out study at http://journals.lww.com/nsca-scj/Abstract/2016/02000/The_Importance_of_Sleep_for_Athletic_Performance.9.aspx

More about the Fatigue Science 'Readiband' here <http://www.fatiguescience.com/>

Yogi Bedtime Tea at <http://nz.iherb.com/Yogi-Tea-Bedtime-Caffeine-Free-16-Tea-Bags-85-oz-24-g/5500>

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

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More about Training Peaks and 'The Pacing Project' here <http://www.thepacingproject.com/>
Training Peaks at <http://home.trainingpeaks.com/>

CONTACT US

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