

FEB
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FITTER RADIO EPISODE 099

ONE STEP AHEAD

Cutting the bad carbs.

WORKOUT OF THE WEEK

Building speed and endurance when fatigued.

HOT PROPERTY INTERVIEW - SAM CLARK

Sam Clark is the recent winner of New Zealand's Men's Elite 1 day Coast to Coast race and, despite his young age, has a wealth of experience from competing in a wide range of endurance sports. A mechanical engineer by trade, Sam uses his technical eye and attention to detail to maximise his training and preparation for each event and to seek out the right advice. His career highlights include wins at the Motu Challenge; podium finishes at the Wulong Mountain Quest, Lake to Lighthouse Challenge, national long distance Tri titles, two world championship adventure races, racing Tour of Southland and winning Monty's Revenge for the first time. His next race... Ironman New Zealand.



GEEK OUT

This week our geeky contributors 'The Plews and Prof' talk about sodium and in particular a recent research article by Dr Martin Hoffman et al entitled "Sodium Intake During an Ultramarathon Does Not Prevent Muscle Cramping, Dehydration, Hyponatremia, or Nausea". Prof also brings us an interview with one of the authors, Dr Martin Hoffman.

5 MIN FOCUS

IronIndex™ is triathlon's first descriptive and predictive analytics-based tool that assigns a level of difficulty to full iron-distance triathlon courses. In addition to difficulty rankings, IronIndex™ enables an athlete to personalize a course based on their physical profile, performance level, and goals (qualifying for championships, pursuing a PR, or simply seeking a new adventure). It projects an athlete's finish time and individual discipline splits for a course and also allows them to run a simulation that shows where they would have placed among last year's competitors in last year's actual conditions.



LINKS

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

Follow Sam on Facebook at <https://www.facebook.com/SamClarkMultisport/>

More about the Coast to Coast race at <http://www.coasttocoast.co.nz/>

More about IronIndex at <https://www.ironindex.com/#/webMain>

Link to Geek Out study at <http://www.ncbi.nlm.nih.gov/pubmed/26709371>

More about Dr Martin Hoffman at

<https://www.ucdmc.ucdavis.edu/publish/providerbio/search/1112>

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