

FEB
29
2016

FITTER RADIO EPISODE 100

ONE STEP AHEAD

Does the paleo diet make you diabetic and fat?

WORKOUT OF THE WEEK

Reviewing your race. Running injuries and cadence

HOT PROPERTY INTERVIEW - ELINA USSHER

Elina Ussher, ex cross country skier and track runner, was born in Finland and moved to New Zealand in 2005. Now the wife of race director and five-time men's longest day winner, Richard Ussher, she refers to herself as a '40 year old housewife'. However this month she came from behind to win her third women's Coast to Coast longest day multisport race. Since 2006, Elina hasn't missed a race and has been on the podium nine times, including three victories. She talks us through her career as an adventure racer, her recent Coast to Coast win and her plans for the future.



GEEK OUT

This week our geeky contributors 'The Plews and Prof' look at The Plews' data after he went through a 'FatMax' test with Andrius Ramonas.



Plews Data.pdf

5 MIN FOCUS

Bevan talks to Shannon Rea from Garmin about their new Garmin Forerunner 630 GPS Smartwatch with Advanced Running Metrics. Features include:

- Touchscreen running watch with a high resolution colour display
- Advanced running dynamics
- Stress score, performance condition and lactate threshold
- Automatic uploads to Garmin Connect, live tracking, audio prompts, music controls, smart notifications and social media sharing



COMPETITION

Win a Garmin Vivosmart HR Activity Monitor! Email us at info@fitter.co.nz with the names of the two triathlon events in NZ (half distances) that Garmin sponsor.



LINKS

Fat Rats article at <http://www.stuff.co.nz/southland-times/life-style/77092636/Paleo-diet-could-make-you-gain-weight-new-scientific-research-shows>

The rebuttal at <https://www.facebook.com/richard.feinman.7/posts/959579280793676>

Link to running injury article <http://well.blogs.nytimes.com/2016/02/10/why-we-get-running-injuries-and-how-to-prevent-them/>

Mikki's pumpkin spice breakfast recipe at <http://mikkiwilliden.com/recipes/pumpkin-spice-no-oats-breakfast>

More about Elina Ussher at <http://www.adventuresportnz.com/>

Follow Elina on Facebook at

<https://www.facebook.com/AdventureSportNZRichardandElinaUssher/>

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

Contact Andrius Ramonas at andriusramonas@yahoo.com

More about the services at the Endurance Performance Clinics here

<http://www.autmillennium.org.nz/health-and-fitness/clinics/epc/services>

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>
Buy the Garmin Forerunner 630 here <http://www.kiwivelo.co.nz>

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