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2016

FITTER RADIO EPISODE 101

ONE STEP AHEAD

Energy deficits induced by exercise or diet

WORKOUT OF THE WEEK

Feeling inspired after watching IMNZ? Bevan gives us some basic tips to consider if you're thinking of signing up.

HOT PROPERTY INTERVIEW - AARON ROYLE

Aaron Royle is an Australian ITU athlete who has been training with Jamie Turners' Wollongong Wizards since he moved to Wollongong at the age of 18. A former U-23 World Triathlon champion Royle first represented his country in 2009 when he competed in the youth Olympics and then raced for Australia again at the Junior World Championships in the same year. In 2014 Aaron competed in the Men's Triathlon at the Glasgow Commonwealth Games and was a member of the Bronze medal-winning Mixed Relay team. With five top-10 finishes in his last five ITU World Triathlon races, including a podium finish in Stockholm and achieving early automatic qualification to represent Australia at the 2016 Summer Olympics in Rio, the 25 year old has now earned his place in the upper echelon of the sport.



GEEK OUT

Does foot size affect running efficiency? Heavy breathing for swim performance.

5 MIN FOCUS

TPU is coming to Adelaide - 16/17 April 2016. Bevan talks to David Schell, Director of Education for Training Peaks, about Training Peaks University.



COMPETITION

Win a Pure Sports Nutrition Pack from <http://www.drinkpure.co.nz> Listen to podcast for details and email your entry to info@fitter.co.nz

LINKS

More about Aaron Royle at <http://www.aaronroyle.com/page/>

Follow Aaron on Facebook at <https://www.facebook.com/AaronRoyleTriathlete> and on Twitter at <https://twitter.com/aroyle90>

Sign up to TPU Adelaide at <https://www.eventbrite.com/e/trainingpeaks-university-adelaide-tickets-20924068452>

Link to Geek Out at <http://www.ncbi.nlm.nih.gov/pubmed/26741118>

More about Pure Nutrition at <http://www.drinkpure.co.nz/>

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>

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