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FITTER RADIO EPISODE 103

ONE STEP AHEAD

Protecting your immune system going into the winter months.

WORKOUT OF THE WEEK

How to recover from an Ironman - the taper out and when to start getting back into it again.

HOT PROPERTY INTERVIEW - PAUL AMBROSE

Australian born Ambrose has been in the sport 16 years and trained with the best. Previous 2 times winner of Ironman Australia Port Macquarie his sights are now set on another win at Port Mac, Kona and the Ironman 70.3 World Champs/ITU long Course World Champs. Paul talks to us about his time in the sport, the Bahrain team and triathlon as a sport in Australia.



5 MINUTE FOCUS

BikeAid - an app to help you find the closest bike store to you right now, or search other suburbs, cities and the rest of the world. Also find over 1,100 public bike tool locations to make basic repairs yourself 24/7.

GEEK OUT

This week our geeky contributors 'The Plews and Prof' discuss the impact of scientific knowledge on coaching. Is sports science of any use to coaching at the coalface? See here for research paper "Working Fast and Working Slow: The Benefits of Embedding Research in High-Performance Sport"



Coutts 2015.pdf

LINKS

More about Paul Ambrose at <http://www.paul-ambrose.com>

Follow Paul on Twitter at <https://twitter.com/ambroselive> and on Instagram at

<https://www.instagram.com/ambroselive/>

#ITSTHENERVE at <http://itsthenerve.com/>

Ironman Silverman 70.3 at <http://ap.ironman.com/triathlon/events/americas/ironman-70.3/silverman.aspx#axzz431WrYESf>

The Real Coaching podcast at <https://itunes.apple.com/nz/podcast/real-coaching/id1052949196?mt=2>

Marco Altini HRV app at <http://www.marcoaltini.com/apps.html>

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 Bike Aid at <http://www.bikeaidapp.com/>

CONTACT US

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Mikki Williden can be found at <https://www.facebook.com/mikkiwillidennutrition>

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