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2016

FITTER RADIO EPISODE 104

ONE STEP AHEAD

Salad dressings.

WORKOUT OF THE WEEK

Winter swimming.

See our Fitter Swimming squads at <http://www.fitter.co.nz/fitter-swimming.htm>

HOT PROPERTY INTERVIEWS - MATTHEW RUSSELL & VANESSA MURRAY

Matt Russell was born and raised on a small farm in Lisbon, New York. With a background in duathlon he only turned to triathlon in 2010 and it was then that he learnt to swim. Since that time he has won and podiumed at numerous iron distance races and shown an intriguing ability to perform well on no taper and being able to race back to back long distance triathlons. Having recently performed well at both Wanaka (3rd place) and Ironman New Zealand (5th place) he has a busy season of racing ahead of him with a view to heading back to Kona.

Vanessa Murray, New Zealander, now living in Melbourne, qualified for Kona in 2013 after winning her age group at the 70.3 champs in Auckland. Kona was her first iron distance race and she podiumed. Last year Vanessa decided to turn pro and last month raced to 10th overall female at IMNZ in what was a powerhouse line up of pro female athletes. Her next race? The Ironman Asia Pacific champs in Cairns, June 12 2016.



GEEK OUT

This week our geeky contributors 'The Plews and Prof' revisit HRV - Heart Rate Variability.

LINKS

The Swim Smooth Critical Swim Speed test at <http://www.swimsmooth.com/training.html>

More about Matt Russell at <http://www.mattrusselltri.com/>

Follow Matt on Facebook at <https://www.facebook.com/pages/Matt-Russell-Professional-Triathlete-Fan-Page/199949710102530?fref=ts> and on Twitter at <https://twitter.com/MattRussellTri>

More about ALS here <http://www.alsa.org/>

Visit The Blazeman Foundation for ALS here <http://waronals.com/>

More about Vanessa Murray at <http://www.vanessamurraytri.com/>

Follow Vanessa on Facebook at <https://www.facebook.com/vanessa.murray.56> and on Twitter at https://twitter.com/van_murray

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>

Individual Endurance Training Prescription with Heart Rate Variability study at <http://www.ncbi.nlm.nih.gov/pubmed/26909534>

HRV for training app Marco Altini at <http://www.hrv4training.com/>

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