

APR
11
2016

FITTER RADIO EPISODE 106

ONE STEP AHEAD

Antibiotics.

WORKOUT OF THE WEEK

Metabolic Efficiency and VO2 testing.

HOT PROPERTY INTERVIEW - JOSH AMBERGER

Josh Amberger, Australian triathlete, started his career in ITU but achieved greater success when he moved to the longer 70.3 distance. After having now completed 25 x 70.3 events and raced to numerous wins and podiums he's decided to go longer and is currently in the midst of training for his first Ironman - Australia's iconic Ironman Port Macquarie. We talk to Josh about his progress to date, the physical challenges he faced last year and why Kona is not on the radar for 2016!



GEEK OUT

This week our geeky contributors 'The Plews and Prof' talk to us about future technology that will impact our sport.



Tomorrows Tri
World.pdf

5 MIN FOCUS

The ICEDot Crash Sensor and app is a comprehensive digital safety platform which cyclists can mount onto their helmet. When paired with the ICEDot app over low energy Bluetooth the system is able to detect motion, changes in forces and impacts. It provides automated Push Notifications, sharing your route at the start of an activity, Crash Notifications, alerting emergency contacts if a dangerous head impact is detected, and Emergency ID providing first responders your name, conditions, medications, allergies and emergency contacts.

<http://site.icedot.org/site/>



LINKS

More about the AUT Millennium Sports Performance Clinics here

<http://www.autmillennium.org.nz/health-and-fitness/sports-performance-clinics>

One Step Ahead link to honey

<http://www.worldwidewounds.com/2001/november/Molan/honey-as-topical-agent.html>

More about Josh Amberger at <http://www.josh-amberger.com/>

Follow Josh on Facebook at <https://www.facebook.com/josh.amberger> and on Twitter at <https://twitter.com/JoshAmberger>

More about ICEdot at <http://site.icedot.org/site/>

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>

Alan Couzens: Are you a 'data coach' or a 'dogma coach'.
http://alancouzens.com/blog/data_v_dogma.html

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