

APR
18
2016

FITTER RADIO EPISODE 107

ONE STEP AHEAD

The thyroid

WORKOUT OF THE WEEK

Ventilatory thresholds – VT1 and VT2

HOT PROPERTY INTERVIEWS – LAUREN STEADMAN & SARAH-ANNE BRAULT

Lauren Steadman a British Paralympic swimmer and now triathlete is currently Taupo based. Last month she won her first race of the year in South Africa securing her spot for Rio. This will be her third Paralympic Games with this inspirational athlete having already competed in 2008 at Beijing and 2012 in London.

Canadian ITU athlete Sarah-Ann Brault is one of Jamie Turners' Wollongong Wizards. With her sights set on Yokohama Sarah-Anne will be looking for her opportunity to qualify for her first Olympic games having already competed at the Commonwealth Games in Glasgow 2014.



GEEK OUT

This week our geeky contributors 'The Plews and Prof' talk to us about whether post event intravenous hydration is an appropriate service at endurance competitions.

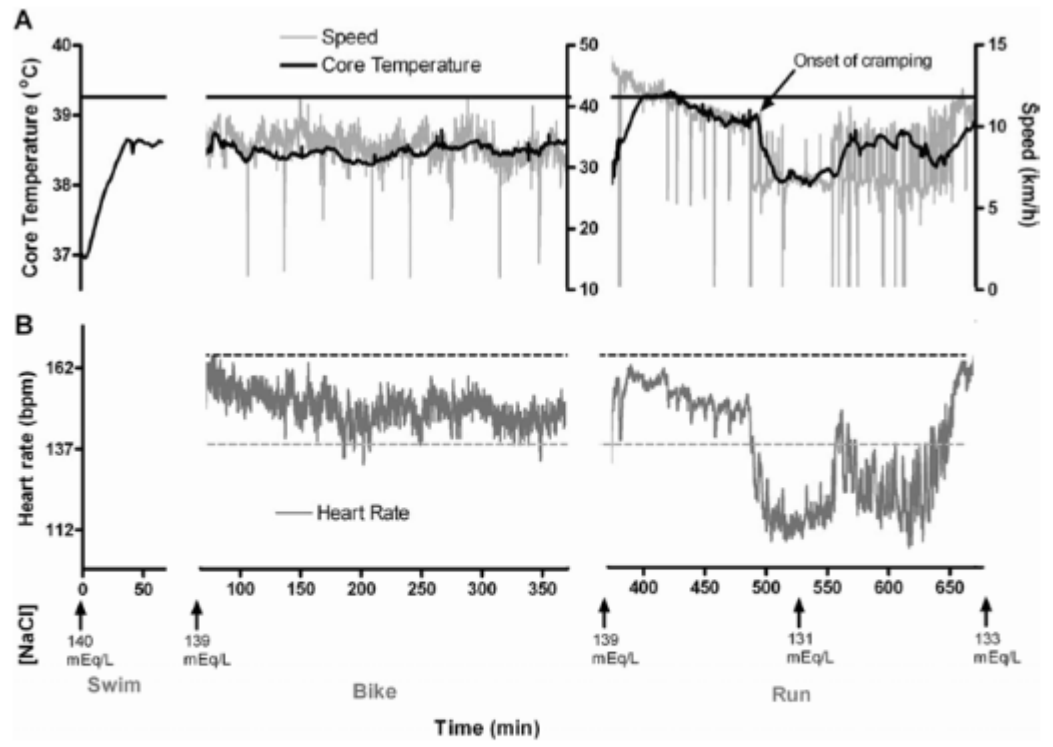


Figure 1 — Core temperature, speed (A), heart rate (B), and blood sodium concentration ([NaCl]) during the Ironman triathlon. The solid black line represents “critical” core temperature reached during laboratory time-to-exhaustion tests. The dashed black line represents heart rate at second ventilation threshold. The dashed gray line represents first ventilation threshold heart rate.

LINKS

Follow Sarah-Anne on Facebook at <https://www.facebook.com/sarahanne.brault> and on

Twitter at <https://twitter.com/sarahannecan>

More about Lauren Steadman here <http://www.lauren-steadman.com/>

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Contact Dan Plews - High Performance Sport NZ at daniel.plews@hpsnz.org.nz or on Twitter

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Contact Paul Laursen - High Performance Sport NZ at paul.laursen@hpsnz.org.nz or on

Twitter at <https://twitter.com/PaulBLaursen>

Marty Hoffman and colleagues – journal wilderness environmental medicine

[http://www.wemjournal.org/article/S1080-6032\(15\)00474-3/abstract](http://www.wemjournal.org/article/S1080-6032(15)00474-3/abstract)

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