

APR
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FITTER RADIO EPISODE 108

ONE STEP AHEAD

New products alert.

WORKOUT OF THE WEEK

Hill sprints.

HOT PROPERTY INTERVIEW – TIM VAN BERKEL

Tim Berkel is one of Australia's most recognised professional Triathletes. After 12 years in the sport Tim decided to transition from an 'old school' style of training to a more science based approach which included a dietary change to an LCHF style of eating. 2 weeks ago he raced to second place at the Ironman African champs in a time of 8:14. He's planning to race a couple more times over the next few months (Vietnam 70.3 and Cairns IM) with his sights now firmly set on Kona.



GEEK OUT

This week our geeky contributors 'The Plews and Prof' talk to us about Tim Van Berkel's data from his Ironman Africa race.

5 MINUTE FOCUS

Bevan talks to Adriel Young of SwimRun. SwimRun is a unique and challenging adventure sport where teams of two compete by alternating between running and swimming on a challenging course covering trails, beaches, ocean, cliffs, rocks, and paths. Teams must complete the entire course together and help each other through tough terrain to beat the course and reach the finish line <http://www.swimrun.com.au/>



LINKS

Buy Matcha Tea at <http://www.fishpond.co.nz/c/Kitchen/q/Matcha+Tea+Powder+Organic>

Buy Ki at <https://www.pharmacydirect.co.nz/Ki-Natural-Health/>

More about Tim Van Berkel at <http://www.timberkel.com/>

Follow Tim on Facebook at <https://www.facebook.com/TimBerkelOfficial> and on Twitter at <https://twitter.com/TimBerkel>

More about Giant's 2016 Trinity Advance Pro bike here <http://www.giant-bicycles.com/en-nz/showcase/trinity-advanced-pro/>

More about SwimRun here <http://www.swimrun.com.au/>

Contact Dan Plews - High Performance Sport NZ at daniel.plews@hpsnz.org.nz or on Twitter at <https://twitter.com/theplews1>

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