

MAY
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2016

FITTER RADIO EPISODE 109

ONE STEP AHEAD

MCT Powder.

HOT PROPERTY INTERVIEW – BEN HOFFMAN

Ben Hoffman, an American pro triathlete from Colorado and member of the Bahrain Endurance 13 Team, ran a blistering 2:45 marathon at the Ironman African Champs last month to take first place in a time of 8:12. The victory earned him an automatic spot to Kona. In 2014 Ben placed second in Kona and in that same year was named the 2014 USA Triathlon Elite Non-Drafting Athlete of the Year. Stomach issues at Kona 2015 prevented him from achieving the follow up race he'd been hoping for but on current form he has a real shot at it again this year.



GEEK OUT

This week our geeky contributors 'The Plews and Prof' talk to us about how 'High training workloads alone do not cause sports injuries. How you get there is the real issue'.

'35' MINUTE FOCUS

Stef Hanson is the 'Chief' and founder of WITSUP - a website, twitter and Facebook presence aimed at both increasing women's engagement in triathlon and creating an online real life community. Stef - author, triathlete and self-confessed crazy, hyperactive chatterbox - is the inspirational brains and passion behind WITSUP which stands for Women In Triathlon, Sup?!



witsup.com
Women In Triathlon

LINKS

Balance Sports Nutrition at <http://www.balancesportsnutrition.com/>

Buy MCT powder from <http://www.myprotein.com/home.dept>

More about Dom D'Agostino, PhD at <http://ketonutrition.org/>

More about Easy Diet Diary at <http://easydietdiary.com/>

More about Stef Hanson and Witsup at <http://www.witsup.com/>

Follow Witsup on Facebook at <https://www.facebook.com/witsup> and on Twitter at <https://twitter.com/witsupcom>

More about Ben Hoffman at <http://benhoffmanracing.com/>

Follow Ben on Facebook at <https://www.facebook.com/Ben-Hoffman-Racing-157954130941743/> and on Twitter at <https://twitter.com/bhoffmanracing>

More about Chris Batten Physiotherapy at <http://www.chrisbattenphysiotherapy.com/>

Link to Geek Out:

https://www.researchgate.net/publication/291423695_High_training_workloads_alone_do_not_cause_sports_injuries_How_you_get_there_is_the_real_issue Tim Gabbett et al.

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>

Mikki's Tahini Bread recipe here:



Tahini Bread.pdf

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

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