

MAY
09
2016

FITTER RADIO EPISODE 110

ONE STEP AHEAD

Calorie tracking plus how we can use a power meter to monitor our energy expenditure.

WORKOUT OF THE WEEK

Bevan interviews Coach Gerry Rodrigues from TOWER 26. Gerry is regarded as one of the best open water swim coaches in the sport of triathlon and he's coached some of the best pros and age groupers from his Los Angeles based Tower 26 pool. His sessions are geared toward individuals seeking quality aquatic programs and who possess a drive for excellence and improvement. <http://tower26.com/>

HOT PROPERTY INTERVIEW – LIZ LYLES

Liz Lyles, American long distance triathlete recently defended her title at Wildflower 2016 after winning the long course race there 2 years in a row. Her results to date have been impressive. Two sub 9hr Ironmans in Western Australia 2013 and Frankfurt 2014, Top 10 Pro female in Kona 2014 and 2nd at Ironman Brazil in 2015. Liz also juggles a pro triathlon career with being a mother of 2 young children. We talk to Liz about her decision to move to triathlon, how she manages her work life balance and her race plans for 2016 – which of course include Kona again.



GEEK OUT

This week our geeky contributors 'The Plews and Prof' talk to us about what to do when you're going to a race which involves some long haul travel.

LINKS

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

More about My Fitness Pal at <https://www.myfitnesspal.com/>

More about Fat Secret at <http://www.fatsecret.co.nz/>

More about the Revised Harris-Benedict Calculator here

<https://www.microhealthllc.com/how-to-calculate-basal-metabolic-rate-bmr/>

More about the Cunningham Equations here <http://users.telenet.be/WBtE/cunning.html>

More about Tower 26 at <http://tower26.com/>

'Be Race Ready' Podcast at <http://tower26.com/podcasts-2/>

More about Liz Lyles at <http://www.lizlyles.com/>

Follow Liz on Twitter at <https://twitter.com/lizlylestri>

Wildflower Triathlon at <http://www.wildflower.tricalifornia.com/>

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>

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