

MAY  
16  
2016

## FITTER RADIO EPISODE 111

### ONE STEP AHEAD

Protein. LCHF. BCAAs.

### WORKOUT OF THE WEEK

Bevan talks to Dr Thomas Hughes of tri-mechanics. Tri-mechanics is a new venture based in Leeds, UK. Their aim is to improve running by the use of studio based running analysis combined with information on a range of topics related to running via their website. Whilst they focus on running they also cater for the specific demands of triathlon and its impact on running. <http://www.trimechanics.co.uk/>



### HOT PROPERTY INTERVIEW – RYAN BAILIE

Ryan Bailie is a professional Australian ITU athlete who has represented Australia on the international stage since 2011. Originally from Johannesburg in South Africa he moved to Perth aged 6 and then to Wollongong to train with Jamie Turners' Wollongong Wizards in 2009 at aged 19 where he's been ever since. In 2014, Ryan was selected to represent Australia at the 20th Commonwealth Games in Glasgow, winning bronze in the Mixed Relay Triathlon and finishing 5th in the Men's Triathlon. He has just recently achieved his lifelong dream and qualified for the Rio Olympics.



### 5 MIN FOCUS

Bevan analyses Lionel Sanders' Training Peaks data from his recent race at St George 70.3.

### GEEK OUT

This week our geeky contributors 'The Plews and Prof' talk to us about longevity.

### LINKS

More about Dr Phil Maffetone at <https://philmaffetone.com/>

More about tri-mechanics at <http://www.trimechanics.co.uk/>

More about Ryan Bailie at <http://ryanbailie.com/> and <http://www.ryanbailie39.com/>

Follow Ryan on Facebook at <https://www.facebook.com/RyanBailieTriathlete/> and on Twitter at <https://twitter.com/officialbailie>

More about Lionel Sanders at <https://lsanderstri.com/>

Lionel's power file at <https://home.trainingpeaks.com/blog/article/race-analysis-lionel-sanders-victory-at-the-2016-ironman-70-3-north-american-championships>

The Geeks longevity links at <http://eatingacademy.com/dr-peter-attia>

<https://chriskresser.com/the-keys-to-longevity-with-peter-attia/>

Contact Dan Plews - High Performance Sport NZ at [daniel.plews@hpsnz.org.nz](mailto: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](mailto:paul.laursen@hpsnz.org.nz) or on Twitter at <https://twitter.com/PaulBLaursen>

More about the Beddit Sleep Tracker at <http://www.beddit.com/>

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