

MAY
30
2016

FITTER RADIO EPISODE 113

ONE STEP AHEAD

Mikki shares some warm bowls of veginess with us.

WORKOUT OF THE WEEK

Downhill running.

HOT PROPERTY INTERVIEW – JESSE THOMAS

American pro triathlete Jesse Thomas competed in his first Ironman race last year (IM Wales) and won it. Last week at his second outing (IM Lanzarote) he won that too, not only that, he ran down Jan Frodeno confirming his spot in Kona this year. This win followed a 6th consecutive win at the Wildflower Long Course Triathlon in California 3 weeks earlier. Can't wait to watch him race at Kona!



GEEK OUT

This week our geeky contributors 'The Plews and Prof' talk to us about 'Musculoskeletal overuse injuries and heart rate variability: Is there a link?'

LINKS

More about Jesse Thomas at <http://leapdaysports.com/>

Follow Jesse on Facebook at <https://www.facebook.com/JesseThomasTriathlete/> and on Twitter at <https://twitter.com/jessemthomas>

Shakespeare Physiotherapy at <http://www.shakespearephysio.co.nz/>

Link to Geek Out article at

<http://www.sciencedirect.com/science/article/pii/S0306987715004570>

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>

More about HRV at <http://www.marcoaltini.com/blog/heart-rate-variability-using-the-phones-camera>

CONTACT US

Learn more about us at <http://www.fitter.co.nz>

Like us on Facebook at <http://www.facebook.com/fitter.co.nz> for the latest news and information

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

[LISTEN HERE](#)