

JUN
06
2016

FITTER RADIO EPISODE 114

ONE STEP AHEAD

New products

WORKOUT OF THE WEEK

Massage

HOT PROPERTY INTERVIEW – TONY DODDS (DODDSY)

For New Zealanders Doddsy needs no introduction. Since becoming a competitive triathlete in 2005 he quickly made his way to the top, securing the title of New Zealand Under 23 Champion three times and achieving multiple top 10 placings in both World Cup and World Triathlon Series Events. This year Doddsy is ranked in the World top 20, he's New Zealand's number 1 male elite triathlete and he's off to Rio!



5 MIN FOCUS

Hani Kopetschny is a postgraduate student carrying out research through Massey University examining the training diets of ultra-endurance athletes. They are interested in finding out how athletes modify their diets during different phases of training and how well they meet their need for energy, carbohydrates and protein. You can find more detailed information and view/participate in the online survey by going to <http://lvmnky.synology.me/LimeSurvey>

GEEK OUT

Prof Paul Laursen brings us Part 1 of a fascinating 3 Part interview with the legendary Dr Phil Maffetone, a coach to world champion athletes and internationally recognized expert on health, nutrition, and human performance.

LINKS

Crazy as a Coconut at <http://crazyasacoconut.com.au/>

More about Vitargo at <http://www.vitargo.com/>

More about True Nutrition at <https://truenutrition.com/>

More about Tony Dodds at <http://www.tonydodds.co.nz/>

Follow Doddsy on Facebook at <https://www.facebook.com/Tony-Dodds-Aka-Doddsy-247691835249339/?fref=ts> and on Twitter at https://twitter.com/doddsy_nz/

Hani Kopetschny and the Training Diets of Ultra-Endurance Athletes: Survey and more information at <http://lvmnky.synology.me/LimeSurvey>

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

The music of Phil Maffetone at <http://www.maffetonemusic.com/>

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

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