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FITTER RADIO EPISODE 115

ONE STEP AHEAD

KetoShield

HOT PROPERTY INTERVIEW – ASHLEIGH GENTLE

Last month ITU triathlete Ashleigh Gentle was confirmed as part of the Australian team going to the Olympics. With a background in a range of sports she was persuaded to try a triathlon in 2004 and in 2011 ran her first ITU WTS race. Last month after winning silver at both Yokohama and Abu Dhabi she was ranked 3rd in the world. This will be Ashleigh's first Olympics.



5 MIN FOCUS

Bevan talks to Bill Roxburgh – the new Race Director for Challenge Wanaka

GEEK OUT

Prof Paul Laursen brings us Part 2 of a fascinating 3 Part interview with the legendary Dr Phil Maffetone, coach to world champion athletes and internationally recognized expert on health, nutrition, and human performance.

LINKS

More about KetoShield here <http://prototypenutrition.com/ketosshield.html>

More about Challenge Wanaka at <http://www.challenge-wanaka.com/>

Follow Ashleigh on Facebook at <https://www.facebook.com/AshleighGentleTri/> and on Twitter at <https://twitter.com/AshleighGentle>

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/>

MAF in a Nutshell at <https://philmaffetone.com/maf-in-a-nutshell/>

Phil Maffetone 2 Week Test at <https://philmaffetone.com/2-week-test/>

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