

JUN
27
2016

FITTER RADIO EPISODE 117

ONE STEP AHEAD

Tart cherry, more benefits.

WORKOUT OF THE WEEK

Tyre pressure – does it matter?

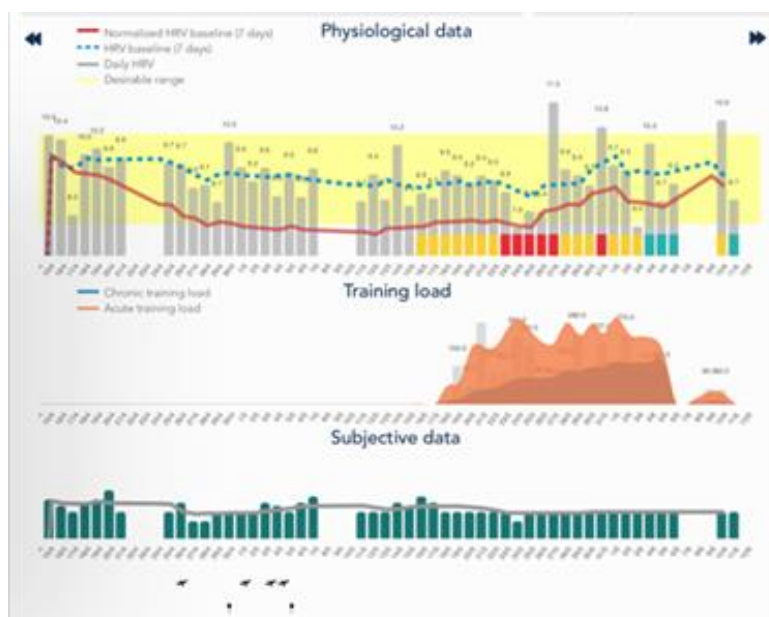
HOT PROPERTY INTERVIEW – LINSEY CORBIN

‘Montana Made’ Linsey Corbin is a professional triathlete who lives and trains in her home town of Bend, Oregon. She’s a five-time Ironman Champion and has achieved top American honours at both Ironman and 70.3 Ironman World Championship events. After an injury and illness plagued 2015 Linsey raced to second place at Asia Pacific Ironman Cairns a few weeks ago. She’s now on the comeback trail and looking forward to Kona.



GEEK OUT

The Plews and Prof are reunited and talk to us from Switzerland. The Plews takes us through Tim Van Berkel’s HRV data in the lead up to his recent win at the Asia Pacific Champs in Cairns.



LINKS

Shoe Clinic Dunedin at <https://www.shoeclinic.co.nz/dunedin-running-shoe>

Link to Lemon Fudge Cake at <http://mikkiwilliden.com/recipes/3-ingredient-lemon-fudge>

Link to Beet Bread at <http://mikkiwilliden.com/recipes/beet-bread>

More about Linsey Corbin at <http://www.linseycorbin.com/>

Follow Linsey on Facebook at <https://www.facebook.com/pages/Linsey-Corbin/141393535892316> and on Twitter at <https://twitter.com/linseycorbin>

Marco Altini's HRV app at <http://www.hrv4training.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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