

JUL
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FITTER RADIO EPISODE 118

ONE STEP AHEAD

Mikki reviews HOTSHOT™ - scientifically proven to prevent and treat muscle cramps by stopping them where they start... at the nerve.

WORKOUT OF THE WEEK

The recovering arm in freestyle. The science behind the difference between a straight arm recovery and a bent elbow recovery.

HOT PROPERTY INTERVIEW – SARA GROSS

Sara Gross, Canadian pro triathlete, grew up in Ontario and Dubai, United Arab Emirates. As well as being a 2 x Ironman Champion (Brazil and Mont Tremblant in 2014) Sara also has a PhD in Women's History, is co-owner of the coaching company Mercury Rising Triathlon, a writer and a passionate advocate for women in sport. She was the perfect choice as an Ambassador and athlete for the Bahrain Endurance 13 team. Her brief? To help expand the dialogue in the Middle East around sport, obesity and the diabetes problem that has taken hold in the Gulf - about the local Bahraini triathletes and about women in sport in the Middle East. Sara is also President of TriEqual, the organization dedicated to fairness, development and equality in the sport of triathlon and the founders of the 50WomentoKona movement, a group dedicated to achieving gender equality in triathlon. She is also a presenter for WiSP Sports, a women-in-sport media company.



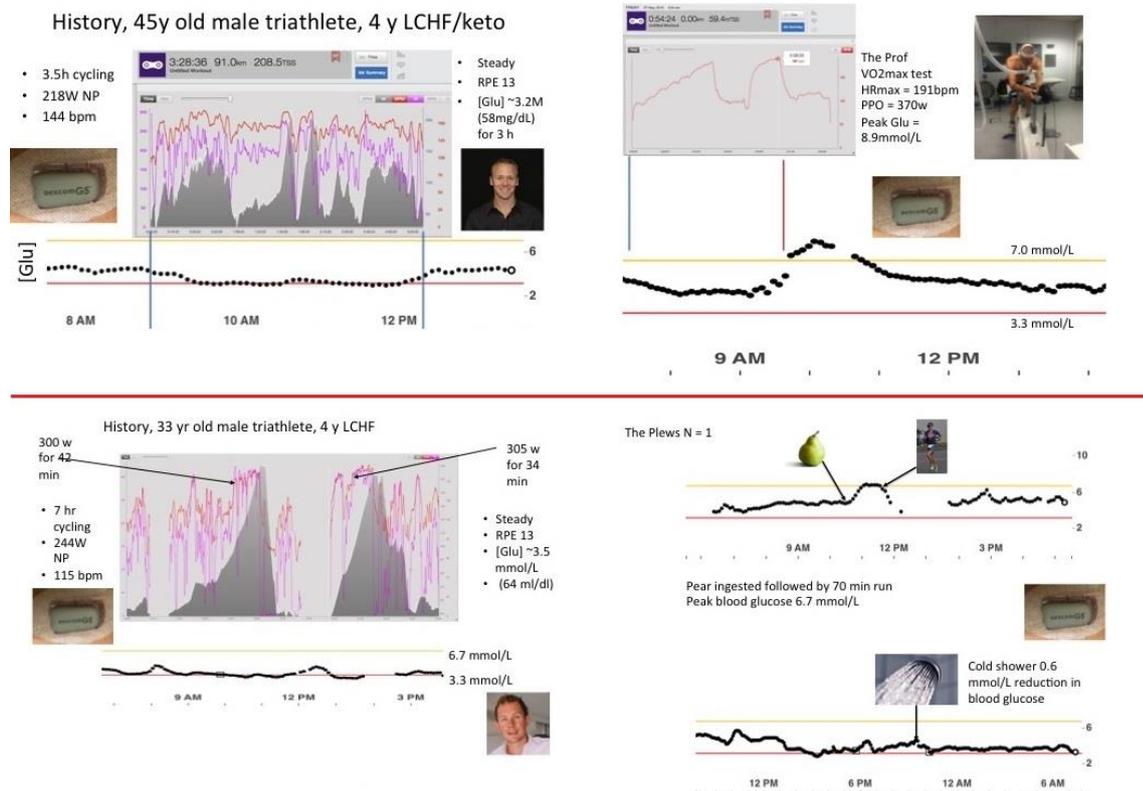
5 MIN FOCUS

Bev talks to Michael Freiberg World Omnium Champion 2011 and 2010 Commonwealth Games Gold and Silver Track Cyclist Medalist. Michael is also the founder of Terrain Dynamics and the AIRhub™. The AIRhub™ is the first and only on-road resistance training system in the world. The AIRhub™ allows you to shape your terrain, giving you back control out on the open road. Train solo or in a group and get the exact workout you need. Add your preferred amount of watts or use real-time metabolic feedback. The AIRhub™ automatically regulates resistance and keeps you in the perfect training zone. It is precision training as you have never seen it.



GEEK OUT

The Plews and Prof are reunited and talk to us from Switzerland. This week they talk to us about the Dexcom G5 portable blood glucose monitor and their own data when using it. The Dexcom G5 is typically for diabetics and is inserted under the skin. The information is then relayed to your phone.



LINKS

More about HOTSHOT™ at <http://www.teamhotshot.com/>

More about Sara Gross at <http://www.saragross.ca/>

Follow Sara on Facebook at <https://www.facebook.com/SaraGrossTriathlete/> and on Twitter at <https://twitter.com/saragross>

Visit Sara's coaching page at www.mercuryrisingtriathlon.com

More about 50womentokona at <https://www.facebook.com/50womentokona/>

More about TriEqual at <http://triequal.org/>

More about the AIRhub™ at <http://terraindynamics.com.au/>

More about Dexcom Glucose Monitoring at <http://www.dexcom.com/en-NZ>

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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