

JUL  
11  
2016

## FITTER RADIO EPISODE 119

### ONE STEP AHEAD

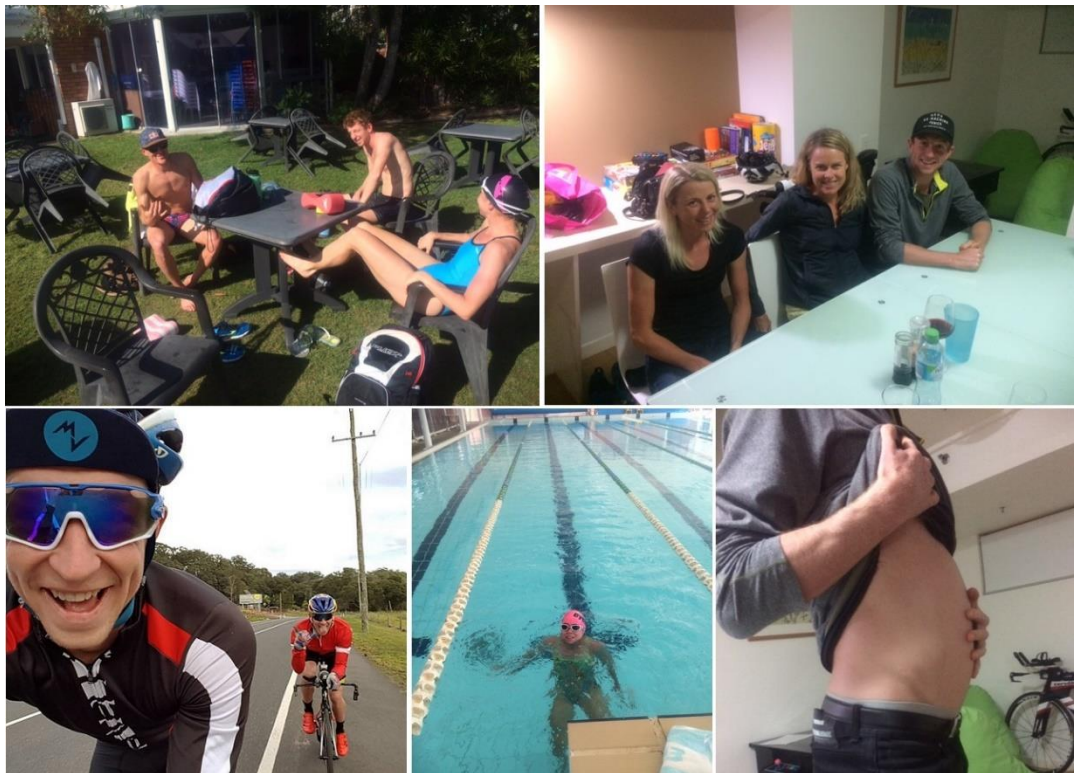
Supplements – what to look for in vitamins and minerals.

### WORKOUT OF THE WEEK

Foot strike for running.

### HOT PROPERTY INTERVIEW – BRADEN CURRIE ET AL

Bevan is currently over in Mooloolaba running a training camp for those athletes in the FITTER squad looking to compete in the Ironman 70.3 World Champs in September. He talks to some of FITTER's 'Elite' age groupers - Natalie Gaskin, Heidi Sowerby and Jason Hall - about their journey to this point and their hopes and aspirations for the next 6 months. Braden Currie, Pro Triathlete and newly inducted into the FITTER coaching squad, is also in Mooloolaba training with them. He talks to Bevan about his recent experiences with ITU and his plans for the next 6-12 months.



### GEEK OUT

The Plews and Prof are reunited and talk to us from Switzerland. This week they continue their discussion about blood glucose levels and the impact of food, exercise and temperature.

### LINKS

Marks Daily Apple at <http://www.marksdailyapple.com/better-nutrient-forms/#axzz4DsMyKchy>

The Linus Pauling Institute at <http://lpi.oregonstate.edu/>

Link to chocolate-carrot cake recipe at <http://mikkiwilliden.com/recipes/chocolate-carrot-cake>

More about Braden Currie at <http://www.bradencurrie.com/>

Follow Braden on Facebook at <https://www.facebook.com/multisportbradencurrie/> and on Twitter at <https://twitter.com/bradencurrie>

More about the Ironman 70.3 World Champs Mooloolaba here <http://ap.ironman.com/triathlon/events/americas/ironman-70.3/world-championship.aspx#axzz4DzEMQoBv>

More about Red Bull Defiance at <http://redbulldefiance.co.nz/>

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

Contact Dan Plews - High Performance Sport NZ at [daniel.plews@hpsnz.org.nz](mailto: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](mailto:paul.laursen@hpsnz.org.nz) or on Twitter at <https://twitter.com/PaulBLaursen>

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