

JUL
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2016

FITTER RADIO EPISODE 120

ONE STEP AHEAD

Zinc and colostrum – moderating the effects of heavy training on your gut permeability.

WORKOUT OF THE WEEK

FITTER'S 70.3 World Champs training recon and the race course.

HOT PROPERTY INTERVIEW – FLORA DUFFY

This week we interview Bermudian ITU athlete Flora Duffy, recent winner at Stockholm and the current leader of the World Triathlon Series rankings. We discuss her career in triathlon to date, her excellent first half of the season and her preparation for Rio. Flora has the potential to be one of the game changers at the Rio Games and is a clear candidate for an Olympic medal.



5 MIN FOCUS

This week we talk to Sally Currie, Race Director for Red Bull Defiance, a unique race that combines running, kayaking and mountain biking endurance disciplines across 8 high country stations that traverse some of the most varied terrain ever opened up to a multisport event. The race is set in Wanaka against the backdrop of New Zealand's wildest and most spectacular landscape <http://redbulldefiance.co.nz/>



GEEK OUT

The Plews and Prof talk to us on their last day in Switzerland together and this week they discuss 'The Effect of Different High-Intensity Periodization Models on Endurance Adaptations'.

LINKS

More about Flora Duffy at <http://www.fduffy.com/>

Follow Flora on Facebook at <https://www.facebook.com/flora.duffy> and on Twitter at <https://twitter.com/floraduffy>

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/>

Seiler's "The Effect of Different High-Intensity Periodization Models on Endurance Adaptations" at <http://www.ncbi.nlm.nih.gov/pubmed/27300278>

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