

JUL  
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2016

## FITTER RADIO EPISODE 121

### ONE STEP AHEAD

Collagen

### WORKOUT OF THE WEEK

19 running tips for triathletes (courtesy of Jamie Turner).

### HOT PROPERTY INTERVIEW – WILL CLARKE

Ex ITU athlete Will Clarke was two-time British National Triathlon Champion, World and European U23 Champion and Beijing Olympian. In 2012, he decided to take on the longer distances with a goal to become the first British pro male to win the Ironman World Championships in Hawaii. Since that time he has had some exceptional results. In 2014 he finished second in four 70.3 races: South Africa, San Juan, Barcelona and Calgary and in June 2015 he won Ironman 70.3 UK. That same year Will raced his first full distance coming 8th at Ironman Lanzarote. Since then he has competed in 2 more iron distance races most recently racing to 5<sup>th</sup> place in Frankfurt and running an outstanding 2:42 marathon. With his sights now firmly set on Kona he plans to race two more 70.3's over the next few months in an attempt to qualify.



### GEEK OUT

The Prof talks to us from France and gives us a fascinating insight into some of the latest research to come out of the recent Science and Cycling Conference.



Geek Out Images  
Episode 121.pdf

### LINKS

More about Will Clarke at <http://will-clarke.com/>

Follow Will on Facebook at <https://www.facebook.com/clarkey.will.tri/> and on Twitter at <https://twitter.com/theclarke>

Jamie Turners 19 triathlon running tips article at <http://www.220triathlon.com/training/run/19-triathlon-running-tips-from-jamie-turner/11063.html>

More about the Science and Cycling Conference at <http://science-cycling.org/>

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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