

AUG  
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2016

## FITTER RADIO EPISODE 122

### ONE STEP AHEAD

10 bio hacks for fruit.

### WORKOUT OF THE WEEK

Joe Skipper's power file from Roth plus we discuss Jan Frodeno's bike split.

### HOT PROPERTY INTERVIEW – NICK KASTELEIN

Australian triathlete Nick Kastelein started off his triathlon career in ITU racing. He made the switch to the longer 70.3 distance and moved from Mudgee to Spain to train. Since then he's placed 4th in both Challenge Shepparton and Challenge Batemans Bay but the highlight was his 2nd place at Challenge Melbourne last year. It was in Spain that the training relationship with Jan Frodeno kicked off. Nick raced his first iron distance race at Roth two weeks ago and crossed the line in a spectacular time of 8:05! He credits Frodeno's training, guidance and support for this great achievement but, let's face it, he's also a pretty impressive athlete!



### GEEK OUT

This week The Prof talks to us from the Training Peaks conference in Boulder Colorado and interviews Exercise Physiologist and Ironman Coach Alan Couzens about his recent blog – 'Why coaches should learn to code'.

### LINKS

More about Nick Kastelein at <http://www.nickkastelein.com/>

Follow Nick on Facebook at <https://www.facebook.com/nicholas.kastelein> and on Twitter at <https://twitter.com/nickkastelein>

Alan Couzens 'Learning to Code' at [http://alancouzens.com/blog/learning\\_to\\_code.html](http://alancouzens.com/blog/learning_to_code.html)

More about the Training Peaks Summit at <http://summit.trainingpeaks.com/>

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>

### **CONTACT US**

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Mikki Williden can be found at <https://www.facebook.com/mikkiwillidennutrition>

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