

AUG
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FITTER RADIO EPISODE 123

ONE STEP AHEAD

Intuitive eating.

WORKOUT OF THE WEEK

The standing desk.

HOT PROPERTY INTERVIEW – KYLE BUCKINGHAM

South African Kyle Buckingham was a surfer. He surfed every day until at age 24 he started running for fun on a treadmill. In 2005, a year later, he did his first Ironman. In 2013 Kyle went to Kona and raced to an age group record time of 8:37 and in 2014 took his first win at Lake Placid. A week ago he took out his second Ironman victory winning Ironman Vineman in a time of 8:27:58! An incredible athlete who's now got his eye on Kona.



5 MINUTE FOCUS

Bevan talks to Shannon Rea, Regional Sales Representative for GARMIN Australasia about the new Garmin Forerunner 735XT. This GPS running and multisport watch is for athletes who want dialled-in data for training and a lighter load on race day. Garmin Elevate™ wrist-based heart rate lets you run freer when it's time to toe the line. For advanced running dynamics and other detailed measurements, add a HR chest strap and train your heart out. Includes built-in activity profiles for running, cycling, swimming, paddle sports and more. The auto multisport feature lets you transition sports with just one button press. Smart notifications, automatic uploads and Connect IQ™ compatibility for custom watch faces and apps make the 735XT the ultimate smartwatch for runners and triathletes.



GEEK OUT

The Prof and Plews have passed the baton for this week's 'Geek Out' back to our hosts who discuss the training of international distance runners.

LINKS

More about Kyle Buckingham at <http://www.kylebuckingham.co.za/>

Follow Kyle on Facebook at <https://www.facebook.com/kylebuckinghampro> and on Twitter at <https://twitter.com/kylebuckingham>

Buy the new Garmin Forerunner 735XT at <http://www.kiwivelo.co.nz/garmin-forerunner-735xt-pre-order.html>

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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