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2016

FITTER RADIO EPISODE 124

ENDURANCE PERFORMANCE SUMMIT – AUT MILLENNIUM
26 & 27 NOVEMBER 2016

Register your interest NOW by emailing eps@autmillennium.org.nz



AUT MILLENNIUM

SAVE THE DATE!

26 & 27 November 2016

Join top athletes, coaches and scientists for a weekend dedicated to improving running, cycling, triathlon and endurance performance.

Stay tuned to hear about the top-class speakers we have lined up.

This event will sell out, so make sure you register your interest now to secure your place!

Register your interest at eps@autmillennium.org.nz

ENDURANCE PERFORMANCE SUMMIT IS BACK FOR 2016!

AUTMILLENNIUM.ORG.NZ Sports Performance Clinics

ONE STEP AHEAD

Transitioning to LCHF – ways to get over the 'low carb flu'.

WORKOUT OF THE WEEK

Bevan talks us through his swim training for the 70.3 Worlds and Kona.

HOT PROPERTY INTERVIEW – EMMA PALLANT

Current ITU World Duathlon champion and former European cross country champion Emma Pallant came from middle distance track running and cross country. She's recently turned her hand to the 70.3 distance with some great results. This year she achieved a 3rd place at Ironman 70.3 Mallorca then a few weeks later at Ironman 70.3 Barcelona took out second place. Bevan talks to Emma about her career to date and her plans for the future.



5 MINUTE FOCUS

Bevan talks to Shannon Rea, Regional Sales Representative for GARMIN Australasia about the new Garmin Edge 820 GPS Bike Computer for Performance and Racing. The Edge 820 is lightweight and compact with a GroupTrack feature that keeps tabs on everyone in your riding pack. It also has advanced performance monitoring including VO2 max, recovery advisor, Strava live segments, FTP, performance condition and advanced cycling dynamics. It has a built-in incident detection warning, and bike-specific navigation preloaded with Garmin Cycle Map for turn-by-turn navigation.



GEEK OUT

The Prof and Plews have passed the baton for this week's 'Geek Out' back to our hosts who discuss the benefits of being acclimatised to heat.

LINKS

AUT Millennium at <http://www.autmillennium.org.nz/>

ROKA at <http://www.rokasports.com/>

More about Emma Pallant at <http://www.empallant.com/>

Follow Emma on Facebook at <https://www.facebook.com/EmoPallant/> and on Twitter at <https://twitter.com/emmapallant>

More about the Garmin Edge 820 at <https://buy.garmin.com/en-US/US/prod543199.html>

In New Zealand? Buy the new Garmin Edge 820 at <http://www.kiwivelo.co.nz/email/garmin-edge-820.html>

More about Joel Filliol at <http://joelfilliol.com/>

Marks Sissons at Marks Daily Apple <http://www.marksdailyapple.com/>

Geek Out research paper “Post-exercise hot water immersion induces heat acclimation and improves endurance exercise performance in the heat” at

<http://onlinelibrary.wiley.com/doi/10.1111/sms.12638/abstract>

AUT Millennium’s heat adaptation services at <http://www.autmillennium.org.nz/health-and-fitness/sports-performance-clinics/heat-adaptation-services>

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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