

AUG  
22  
2016

## FITTER RADIO EPISODE 125

### ONE STEP AHEAD

What pre-race dietary and non-dietary factors are associated with upper and/or lower GI distress for a 70.3 race.

### WORKOUT OF THE WEEK

Bev talks about what he's doing in his running to prepare for the 70.3 Worlds and Kona.

### HOT PROPERTY INTERVIEW – HOLLY LAWRENCE

26-year-old British Triathlete Holly Lawrence is new to the 70.3 distance but already she's starting to make waves. So far this year Holly, who trains in Los Angeles, has finished fourth at Ironman 70.3 Oceanside, second at the Ironman 70.3 North American Pro Champs in Utah and most recently took out the win at the Ironman 70.3 in Mont-Tremblant in a time of 4:08, over 8 minutes ahead of second place Heather Wurtele. Holly's next race is the Ironman 70.3 Worlds in Mooloolaba and she'll be one to watch out for!



### GEEK OUT

The Prof and Plews have passed the baton for this week's 'Geek Out' back to our hosts who discuss iron and altitude training.

### LINKS

Link to GI Distress article at <http://www.ncbi.nlm.nih.gov/pubmed/26222930>

Follow Holly on Facebook at <https://www.facebook.com/HollyLawrenceTriathlete/> and on Twitter at [https://twitter.com/holly\\_lawrence\\_](https://twitter.com/holly_lawrence_)

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>

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