

SEPT
05
2016

FITTER RADIO EPISODE 127

ONE STEP AHEAD

Nuts – Mikki talks about the pros and cons

WORKOUT OF THE WEEK

Caffeine – when's the best time to use it.

HOT PROPERTY INTERVIEW – JAMIE TURNER

Kiwi Jamie Turner, one of the top triathlon coaches in the world, has spent over two decades coaching some of the world's best triathletes. Jamie works with a group of athletes calling themselves the Wollongong Wizards - a squad which includes recent Rio Olympics Gold Medal winner Gwen Jorgensen. We were delighted to have the chance to talk to Jamie post Rio.



5 MIN FOCUS

This week Bevan talks to Jason Moore, Founder of Elite HRV <http://www.elitehrv.com/> about their newly launched Heart Rate Variability Course <https://my.hrvcourse.com/> - The Science and Application of HRV. The course covers the foundational science and practical application of Heart Rate Variability with a focus on data that is available to the general population. It includes over three hours of video content in 16 easy-to-digest modules as well as cheat sheets, reference documents, and a Certificate of Completion.

Fitter podcast listeners have been offered a 10% discount!! Just use the code 'fitterpodcast' to qualify.



GEEK OUT

Reducing injury risk through the rotation of running shoes.

IRONMAN 70.3 WORLD CHAMPS

A round up.



LINKS

Follow the Wollongong Wizards on Facebook at

<https://www.facebook.com/WollongongWizards/> and on Twitter at

<https://twitter.com/gongwizards>

Follow Jamie on Twitter at <https://twitter.com/jayteekiwi> and on Instagram at

Caffeine study at <http://www.ncbi.nlm.nih.gov/pubmed/25355191> and at

<http://www.nrcresearchpress.com/doi/abs/10.1139/apnm-2016-0053#.V8nvV5Xr02w>

HRV course at <https://my.hrvcourse.com/>

Nuts in New Zealand at <https://www.facebook.com/Kilonewzealand/>

The Plews - High Performance Sport NZ daniel.plews@hpsnz.org.nz or on Twitter at

<https://twitter.com/theplews1>

CONTACT US

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

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