

SEPT  
12  
2016

## FITTER RADIO EPISODE 128

### ONE STEP AHEAD

Carbohydrate ingestion during long distance triathlon events.

### WORKOUT OF THE WEEK

IRONMAN 70.3 WORLD CHAMPS – Bevan's race review.

### HOT PROPERTY INTERVIEW – TIM REED

Our interview this week is with Australian triathlete and LCHF advocate Tim Reed. A great athlete known as much for his budgie smugglers as he is for his amazing sporting achievements! Tim has had a fantastic year to date most recently winning both the Ironman 70.3 Asia Pacific Champs and, last weekend, the Ironman 70.3 World Champs in Mooloolaba.



### 5 MIN FOCUS

Performance Nutrition summit – A FREE online seminar which begins Monday, September 12<sup>th</sup> – go to <http://performancenutritionsummit.com/> to register. Chris Ritter and Steph Saullo of Ritter Sports Performance <http://rittersp.com/> have brought together 17 of the world's most influential practitioners and researchers to teach you everything you need to know about maximizing your nutrition for performance and recovery.

  
PERFORMANCE  
NUTRITION  
**SUMMIT**

## RUNNING STUDY

### Runners WANTED for Research Study

Male ✓  
18-40 years old ✓  
Injury Free ✓  
Training & competing in endurance running events ✓

#### What are the benefits of being involved?

*FREE physiological assessment ( $VO_{2max}$ , running economy)  
FREE assessment of leg power  
Gain insights into your muscle stiffness  
Learn about sport science research*



#### What does the research involve?

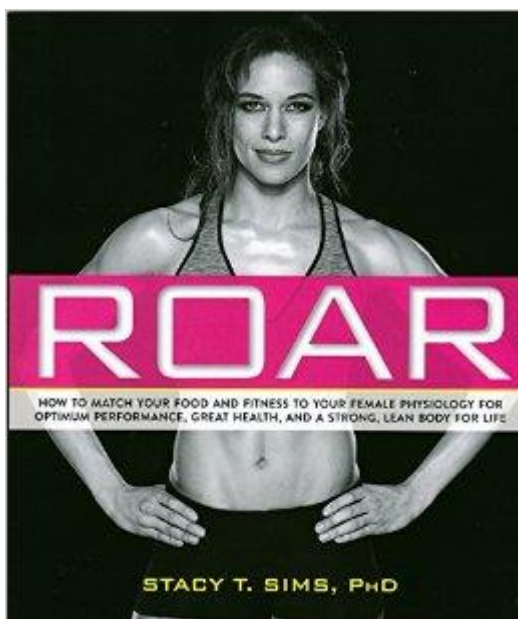
6 x 1 hour visits to the SPRINZ laboratory over a two-week period, during which you will be asked to perform a series of simple running and jumping trials on the indoor running track and laboratory treadmill while being measured.

#### How do I find out more information?

If you would like to find out more please contact the project co-coordinator Anja Zoellner at:  
[anja.zoellner@aut.ac.nz](mailto:anja.zoellner@aut.ac.nz)

## GIVEAWAY

We have a signed copy of Stacy Sims new book 'ROAR' to giveaway. Just go to our website and tell us the Episode number of when Stacey was last on the show. Email the answer to us at [info@fitter.co.nz](mailto:info@fitter.co.nz) and you'll be in the draw to win! Entries close at 12 noon on Friday 16 September.



## LINKS

International Journal of Sports Nutrition and Exercise Metabolism study at <http://journals.humankinetics.com/doi/abs/10.1123/ijsnem.2015-0060>  
More about Tim Reed at <http://timreed.com.au/>  
Follow Tim on Facebook at <https://www.facebook.com/timreedprotri/> and on Twitter at <https://twitter.com/timboreed>  
Performance Nutrition Summit at <http://performancenutritionsummit.com/>

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

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