

SEPT
19
2016

FITTER RADIO EPISODE 129

ONE STEP AHEAD

Food inspo.

WORKOUT OF THE WEEK

High Intensity training – how long and how hard should we go.

HOT PROPERTY INTERVIEW – CARRIE LESTER

Carrie Lester Australian triathlete likes to fly under the radar, however after 3 sub 9hr finishes at iron distance races in the past year it's unlikely she'll be able to stay there! With a background in track running Carrie's been racing as a pro triathlete since 2010. Her first sub 9 performance was last year in Roth (8:53) which she followed with a sub 9 in Chattanooga (8:56) and then Roth again this year with an 8:42. As well as these stellar performances Carrie ran into 3rd place at IMNZ in March and then went on to win the Eagleman 70.3 the following June and the iconic Embrunman in the French Alps in August. We can't wait to see how she goes in Kona.



5 MIN FOCUS – PREPARATION FOR TAUPO 70.3

Ironman University Master Coach Lance Watson has coached at numerous World Champs and major Games, including the past 4 Olympic Games. In 2015 Lance was inducted into the Triathlon Hall of Fame for coaching. Lance holds a degree in Human Kinetics and is an NCCP Level IV certified master triathlon coach and an NCCP Level III distance running coach. In this segment Lance gives us some tips about training for a 70.3 race.



GEEK OUT

The relationship between low iron and the cold.

GIVEAWAY

An entry to the Ironman 70.3 in Taupo!! To be in the draw to win go to the Great Lake Taupo website at <http://www.greatlaketaupo.com/> and email us on info@fitter.co.nz FIVE of the region's endurance events. The competition will run for a couple of weeks and the winner will be announced on Facebook. Good luck!

The image is a composite. On the left is a photograph of a large, ancient rock carving of a face on a cliffside, with a lake in the foreground. On the right is a promotional banner for the 'IRONMAN 70.3 TAUPŌ' triathlon. The banner includes the Kellogg's Nutri-Grain logo, the event name, the date 'Dec 10 2016', the location 'Taupo, New Zealand', a description 'Discover the beauty of Lake Taupo, the home of IRONMAN in New Zealand', an 'OPEN' status, a red 'REGISTER >' button, and a 'STEP UP' section with links to 'IRONMAN NEW ZEALAND >', 'IRONMAN AUSTRALIA >', and 'IRONMAN ASIA-PACIFIC CHAMPIONSHIP CAIRNS >'.

LINKS

Food inspo link to blog <https://mikkiwilliden.wordpress.com/2016/09/17/do-you-need-to-snack-heres-31-ideas-just-in-case-and-because-youre-awesome/>

High Intensity Training link at <http://www.ncbi.nlm.nih.gov/pubmed/27300278>

More about Carrie Lester at <http://carrielester.com/>

Follow Carrie on Facebook at <https://www.facebook.com/carrie.lester.3> and on Twitter at <https://twitter.com/cazzlester>

Lance Watson at <http://www.lifesportcoaching.com/>

Iron and the cold, link to the study here

<http://www.abc.net.au/science/articles/2002/01/30/301760.htm>

More about the Ironman 70.3 Taupo here

<http://ap.ironman.com/triathlon/events/asiapac/ironman-70.3/taupo.aspx#axzz4KNsu4muN>

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