

SEPT
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2016

FITTER RADIO EPISODE 130

ONE STEP AHEAD

Beet juice – the latest research.

WORKOUT OF THE WEEK

Eccentric strengthening for the hamstrings.

HOT PROPERTY INTERVIEW – LANCE WATSON

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. We talk to Lance about the growth of the sport and his time in triathlon plus we hear about what it takes to go well in Kona!



5 MIN FOCUS – PREPARATION FOR IRONMAN TAUPO 70.3

As well as an Ironman University Master Coach Matt Dixon is also an author, co-founder of Purplepatch Fitness, exercise physiologist, former professional triathlete and elite coach of leading Ironman Pro Athletes. In this segment Matt gives us his tips for preparing for a 70.3 race <https://purplepatchfitness.com/>



GEEK OUT

Training your breathing muscles.

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!



LINKS

More about velogicfit at <https://www.velogicfit.com/>

The Collins Cup at <http://www.thecollinscup.com/>

The Professional Triathletes Organisation at <http://www.protriathletes.org/>

Link to Beet research at <http://www.omicsgroup.org/journals/acute-dose-of-beet-root-juice-does-not-improve-endurance-performance-in-elite-triathletes-snt-1000108.pdf>

More about Lance Watson at <http://www.lifesportcoaching.com/> and at <http://ap.ironman.com/triathlon/news/articles/2015/08/lance-watson-imu-profile.aspx#axzz4LFAJOPmc>

Ironman University at <https://university.ironman.com>

More about Matt Dixon at <https://purplepatchfitness.com/> and at <http://ap.ironman.com/triathlon/news/articles/2015/07/matt-dixon-ironman-university-profile.aspx#axzz4LFAJOPmc>

More about Ironman 70.3 Taupo here <http://ap.ironman.com/triathlon/events/asiapac/ironman-70.3/taupo.aspx#axzz4KNsu4muN>

Hoka Shoes at <http://hokaoneone.co.nz/>

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