

OCT
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FITTER RADIO EPISODE 131

ONE STEP AHEAD

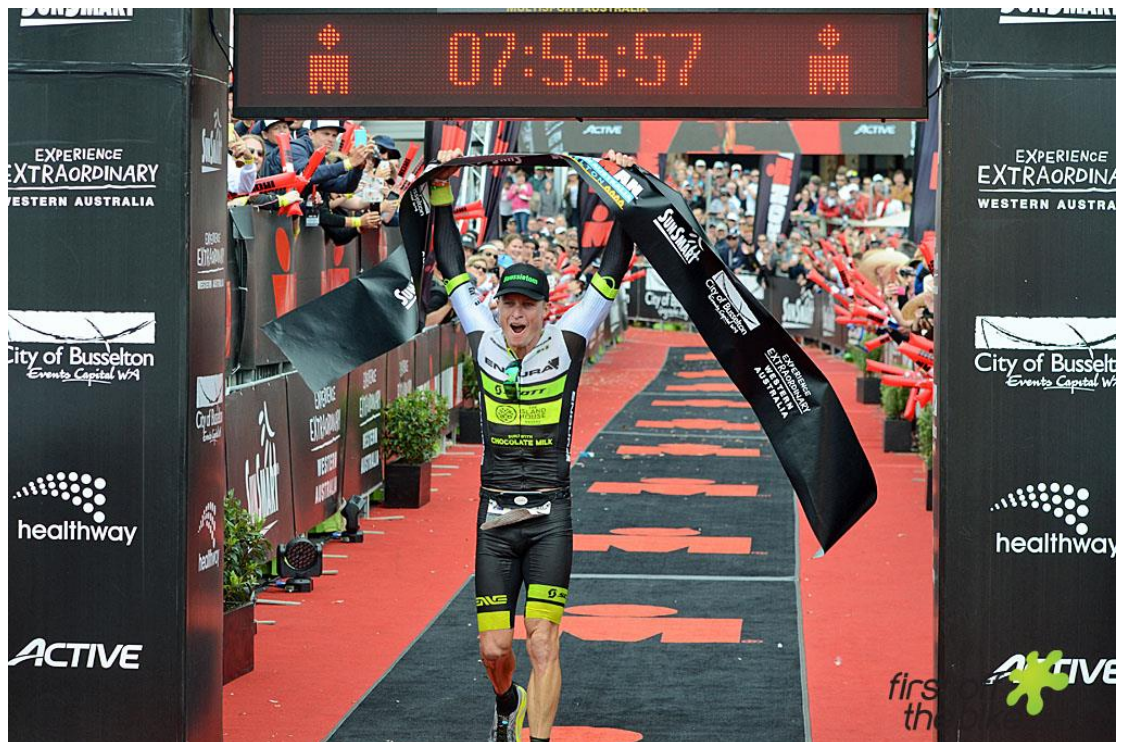
How nitrate works and why mouthwash is bad.

WORKOUT OF THE WEEK

From ITU to the longer distances – who will make it.

HOT PROPERTY INTERVIEW – LUKE MCKENZIE

Australian Luke McKenzie has won eight Ironman titles in his career to date and is currently in Kona gearing up for his 11th race where he finished second in 2013. Luke raced to an exceptional 7:55:58 at Ironman Western Australia breaking the record and becoming the fastest Ironman anywhere in Australia ever! Luke talks to us about his involvement with the Island House Triathlon in the Bahamas where 40 top pros will be racing over three days for a \$500,000 prize purse!



5 MIN FOCUS

We talk to Kelly Sheerin, Running & Cycling Mechanics Clinic Manager at AUT Millennium about the upcoming Endurance Performance Summit www.autmillennium.org.nz/eps



GEEK OUT

Menthol mouthwash and how it can be utilised in hot conditions.

LINKS

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

See the Cervelo P5 at <https://www.cervelo.com/en/triathlon/p-series/p5>

Kiwivelo at <http://www.kiwivelo.co.nz/>

Profile Design wheels at <http://www.profile-design.com/product/wheels/>

Follow Luke on Facebook at <https://www.facebook.com/lukemckenzietriathlete/> and on Twitter at <https://twitter.com/lukemckenzie>

More about Island Tri at <http://www.islandhousetriathlon.com/>

Follow Island House Tri on Facebook at <https://www.facebook.com/islandhousetri> and on Twitter at <https://twitter.com/IslandHouseTri>

More about Ironman 70.3 Taupo here

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

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