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FITTER RADIO EPISODE 132

ONE STEP AHEAD

An injury healing protocol.

WORKOUT OF THE WEEK

Bevan talks through his Kona race.



HOT PROPERTY INTERVIEW – CHARLES ADAMO

THE COLLINS CUP: A first of its kind global annual competition in which teams of professional triathletes from the USA, Europe and the Rest of the World ('The Internationals') will compete to determine which region dominates the sport of triathlon. Bevan talks to Charles Adamo, the Chief Executive Officer of the PTO (Professional Triathletes Organisation) and one of the key drivers behind this awesome project.
<http://www.thecollinscup.com/>



5 MIN FOCUS

We talk to Braden Currie about the upcoming Xterra Worlds, losing the recent Ogden race by a fraction of a second and his recent bear encounters!



LINKS

Injury Healing Protocol at <https://mikkiwilliden.wordpress.com/2016/10/01/injury-prone-read-this/>

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

More about the PTO – Professional Triathletes Organisation here <http://www.protriathletes.org/>

More about Xterra World Champs at <http://www.xterraplanet.com/maui/index.html>

More about Braden Currie at <https://www.bradencurrie.com/>

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

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

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