

OCT  
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2016

## FITTER RADIO EPISODE 133

### KELLY SHEERIN – ENDURANCE PERFORMANCE SUMMIT – 26 NOVEMBER 2016

Breaking news...

- Jamie Turner, Coach to Gwen Jorgensen is now speaking at the event!
- ASICS have joined up with the EPS as a Premier Sponsor! As a result, attendees now have a chance to become one of 5 'Testers' for their new DynaFlyte running shoes with full-length FlyteFoam midsole technology. In other words, a free pair of ASICS! To enter go to the AUT Millennium Facebook page at <https://www.facebook.com/AUTMillennium/> and tell them why you think should be one of the 5 Asics Testers. Make sure you go the website and sign up as an attendee! Winners drawn on Friday 28 October



### ONE STEP AHEAD

Optimising protein

### WORKOUT OF THE WEEK

Bevan's bike power file from Kona.



POWER FILE BEV  
MCKINNON - IM WO

### HOT PROPERTY INTERVIEW – HENRI SCHOEMAN

South African ITU athlete Henri Schoeman has had an amazing year. Not only did he medal at the Olympics in Rio but more recently he raced to the overall win at the ITU Grand Final in Cozumel. His bronze at Rio was the first Olympic Medal South Africa has won in the sport. Bev talks to Henri about his career to date, the win at Cozumel and his plans for the future.



## 5 MIN FOCUS

We talk to Michael Lyons of Recovery Systems about their medical grade compression system now available for home use that accelerates sports recovery from training and injury rehabilitation. The new air compression product supercharges recovery by using air compression to increase venous return, rapidly accelerating the body's ability to eliminate metabolic waste faster than any other traditional mode of recovery.

<https://www.recoverysystemssport.com/>



## GEEK OUT

Manipulations to the Alcohol and Sodium Content of Beer for post exercise rehydration.

## LINKS

More about Henri Schoeman at <http://www.henrischoeman.com/>

Follow Henri on Facebook at <https://www.facebook.com/HenriSchoeman> and on Twitter at [https://twitter.com/H\\_Schoeman](https://twitter.com/H_Schoeman)

More about Recovery Systems at <https://www.recoverysystemssport.com/>

Follow Recovery Systems on Facebook at <https://www.facebook.com/recoverysystemssport/>

More about the Endurance Performance Summit at <https://www.facebook.com/AUTMillennium/>

More about the ASICS DynaFlyte at <http://www.asics.com/us/en-us/dynaflyte>

Follow Jamie Turner and the Wollongong Wizards at <https://www.facebook.com/WollongongWizards/>

Link to beer study at <https://www.ncbi.nlm.nih.gov/pubmed/25588064>

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