

OCT
31
2016

FITTER RADIO EPISODE 134

ONE STEP AHEAD

The effects of green tea supplementation and interval sprint exercises on fat oxidation.

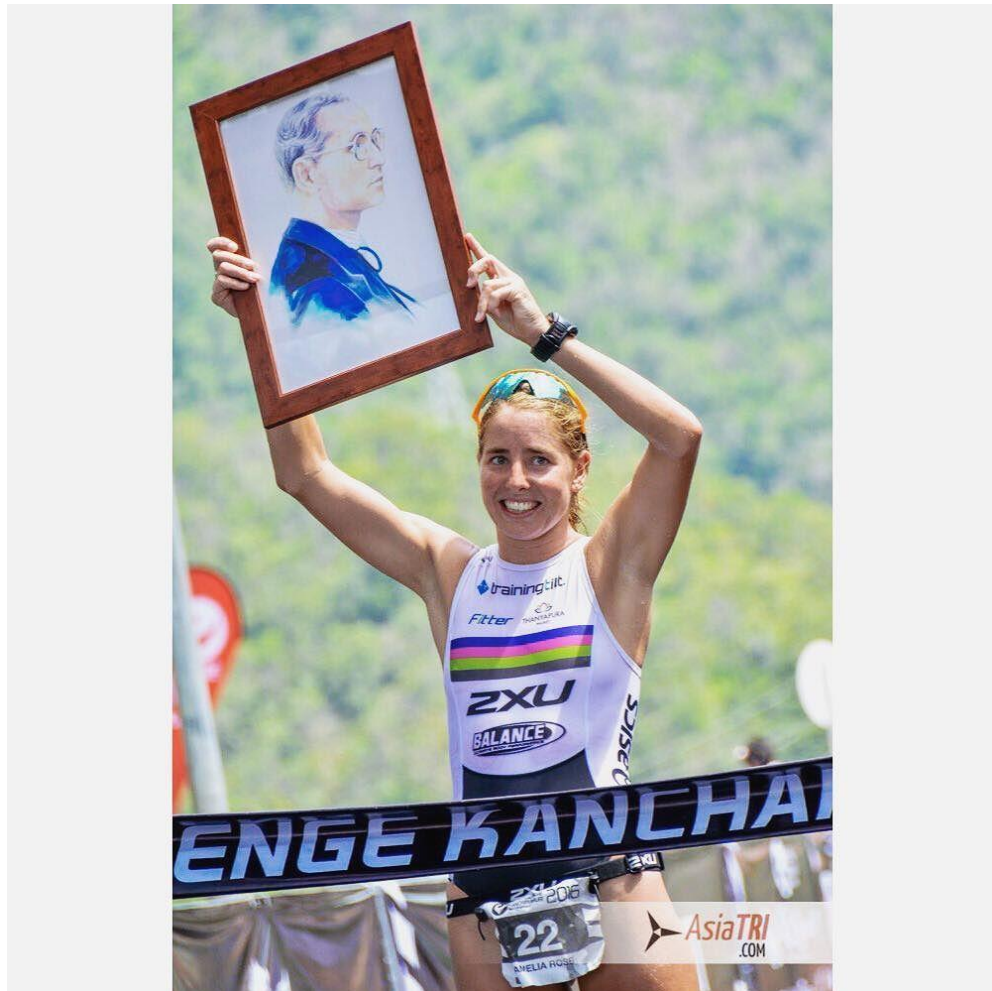
WORKOUT OF THE WEEK

We talk to Australian Triathlete Nathan Shearer who smashed the course record at IMNZ in Taupo for the fastest ever age grouper in a time of 8:47. Nathan recently won his age group (25-29) in Kona and talks to us about his move into triathlon from cricket, his race in Kona and becoming a pro.



HOT PROPERTY INTERVIEW – AMELIA ROSE WATKINSON

Bevan interviews FITTER pro athlete Amelia Rose Watkinson. Amelia is currently in Asia with the Thanyapura Triathlon Team and has had an outstanding few months winning 8 of her 9 races over there. Amelia talks to us about how she got started in triathlon, her career to date and her time in Thanyapura.



GEEK OUT

The effects of alcohol consumption on recovery from eccentric exercise induced muscle damage in females.

LINKS

Link to One Step Ahead here <http://jenb.or.kr/xml/06152/06152.pdf>

Follow Nathan Shearer on Instagram at <https://www.instagram.com/nathanshearer/> and on Twitter at <https://twitter.com/ncshearer>

More about Amelia Watkinson at <http://www.ameliarosewatkinson.com/>

Follow Amelia on Facebook at <https://www.facebook.com/amelia.watkinson> and on Twitter at <https://twitter.com/AmeliaWatkinson>

More about the Thanyapura facility at <http://www.thanyapura.com/sports/asia-triathlon-training/>

Link to the Geek Out article at

<http://journals.humankinetics.com/doi/abs/10.1123/ijsnem.2016-0171?journalCode=ijsnem>

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