

NOV
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2016

FITTER RADIO EPISODE 136

ONE STEP AHEAD

Party tips for athletes.

WORKOUT OF THE WEEK

The debate around Amy Stretton.

HOT PROPERTY INTERVIEW – KATJA KONSCHAK

German pro triathlete Katja Konschak is currently enjoying her best season ever. She raced to a 2nd place podium position in Frankfurt at the IM European Champs following it up two weeks later with a 3rd place podium finish at Ironman UK. Whilst her Kona race didn't go as well as hoped, her husband Ulrich finished second in his age group only just over a minute behind Bevan. Katja's aim is to requalify for Kona and put together a race that she knows she's capable of on the Big Island.



5 MIN FOCUS

This week we talk to Ben de Rivaz, race organiser for Breca Swim Run in Wanaka. Breca Wanaka is New Zealand's first Swim Run race around the shores of Lake Wanaka. Set in the heart of the Southern Lakes District against the awesome backdrop of the Mt. Aspiring National Park, this race is not for the faint-hearted. Teams will pit themselves against technical trails and deep glacial waters to stake their claim forever as the intrepid pioneers of the New Zealand Swim Run scene. The inaugural event is on 25th March 2017 - there won't be another chance to be the first! <http://www.brecaswimrun.com/breca-wanaka/>



GEEK OUT

Beating bugs with BCAA's

LINKS

Endurance Performance Summit at <http://www.autmillennium.org.nz/clinics/eps/>

Follow Katja on Facebook at <https://www.facebook.com/katja.konschak/>

More about Breca Swim Run Wanaka at <http://www.brecaswimrun.com/breca-wanaka/>

CONTACT US

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