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FITTER RADIO EPISODE 137

ONE STEP AHEAD

Boosting testosterone levels.

WORKOUT OF THE WEEK

Downhill running.

HOT PROPERTY INTERVIEW – KEVIN COLLINGTON

American triathlete Kevin Collington had a career in ITU before deciding to move to the 70.3 distance. In 2015 he gave the iron distance racing a go coming 7th at Ironman Arizona in a time of 8:15. This year, he won the Challenge Iceland Half, Busan 70.3 and then podiumed with a 3rd place at the Ironman South American Champs in Brazil to become a first-time Kona qualifier. Kona didn't go to plan and had him pulling out before the run but he's already got the Kona bug and looking to give it another shot in 2017. His next race will be Ironman Cozumel and we're really looking forward to see how he goes.



5 MIN FOCUS

Bev talks to Johnny van Leeuwen, a 35-year-old passionate MTB cyclist from Dunedin who, in a desperate bid to lose body weight for his sport, developed a condition called REDs - Relative Energy Deficiency in Sport. The term REDs has evolved from a condition that centres on eating disorders or dysfunctional eating, hormonal imbalances and bone health. In 1986 the condition was coined 'Female Athlete Triad', which had the unfortunate consequence of suggesting it was something that doesn't affect males. Johnny is testament to the fact that it does.



LINKS

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

More about Kevin Collington at <http://www.kevincollington.com/>

Follow Kevin on Facebook at <https://www.facebook.com/KevinCollingtonTriathlete/> and on Twitter at <https://twitter.com/KevinCollington>

More about Johnny van Leeuwen at <https://www.cowbellcoaching.com/blog/>

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