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FITTER RADIO EPISODE 139

WORKOUT OF THE WEEK

What happens under the water.

ONE STEP AHEAD

Update on probiotics.

HOT PROPERTY INTERVIEW – KAISA LEHTONEN

Finnish pro triathlete Kaisa Lehtonen raced to a 5th in Kona this year and it was only her 3rd bash at this distance. Her first was in Barcelona last year where she finished 2nd and her second was at the Ironman South African Champs where she won. From 2007 to 2012 Kaisa did only ITU Olympic distance races and in 2013 raced her first Ironman 70.3 race as a pro. She now has her sights set on a top 3 at Kona next year.



5 MINUTE FOCUS

Bevan talks to Richard Izzo, Founder of the rapidly expanding Toughman Triathlon Series. They talk about the series, its growth and the plans for the future.

TOUGHMAN **HALF**

LINKS

Link to Mikki's One Step Ahead at <http://www.mdpi.com/2072-6643/8/11/733/htm>

More about Kaisa Lehtonen at <https://kaisalehtonen.com/>

Follow Kaisa on Facebook at <https://www.facebook.com/KaisaLehtonenTriathlete/> and on Twitter at <https://twitter.com/KaisaTri>

More about the new Challenge Family 2017 Championship race at the X-Bionic Sphere here <http://www.thechampionship2017.com>

More about Team Sport for Good at <http://www.team sportforgood.org/>

More about the Toughman Triathlon series at <http://www.toughmantri.com/>

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