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FITTER RADIO EPISODE 141

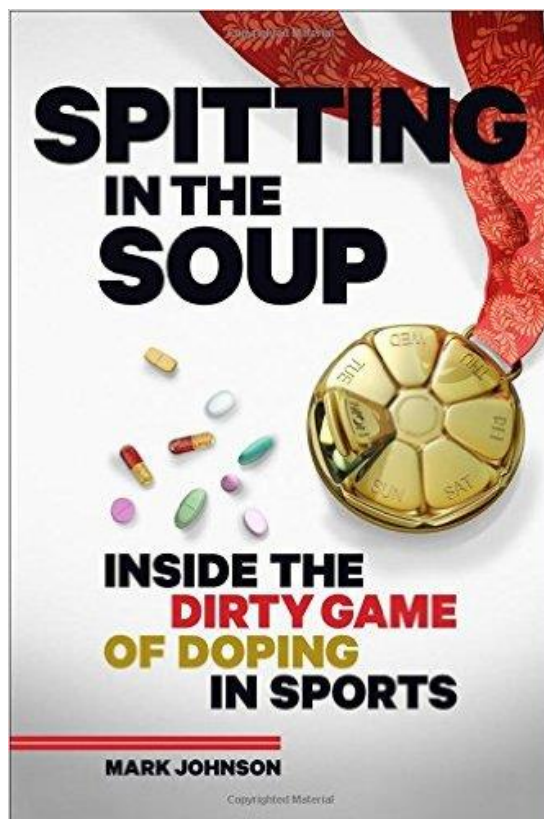
IRONMAN TAUPO 70.3

Finish line interviews with Braden Currie and Meredith Kessler.



WORKOUT OF THE WEEK

Mark Johnson is a sportswriter and sports photographer. He has covered cycling and endurance sports since the 1980s. His work often focuses on the business of pro cycling—a topic that frequently intersects with the sport's long history of doping. *Spitting in the Soup: Inside the dirty game of doping in sports.*



ONE STEP AHEAD

Performance Enhancing Supplement: Potassium Magnesium Aspartate.

HOT PROPERTY INTERVIEW – DAN WILSON

Bevan talks to ex-ITU athlete, Australian Dan Wilson about his career to date and his move into the 70.3 ranks. Dan has won his last 3 races – Noosa in October, Challenge Shepparton and 70.3 Western Sydney in November - so looking like the move has been a successful one!



SID TALKS

Bevan chews the tri fat in our new segment with triathlete Laura Siddall. This week they talk Ironman Taupo 70.3, recent drug tests from Cozumel World Champs and Alistair Brownlee's move to the 70.3 distance.



LINKS

Meredith Kessler's new book 'Life of a Triathlete' at <http://www.lifeoftriathlete.com/>

Ross Tucker Science of Sport at <http://sportsscientists.com/2016/08/world-records-fossils/>

More about Dan Wilson at <http://danwilson.com.au/>

Follow Dan on Facebook at <https://www.facebook.com/danwilsontriathlete/> and on Twitter at https://twitter.com/dan_wilson_

More about Laura Siddall at <http://laurasiddall.com/>

Buy Mark Johnson's book 'Spitting in the Soup' at <https://www.amazon.com/Spitting-Soup-Inside-Doping-Sports/dp/1937715272>

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