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2016

## FITTER RADIO EPISODE 142

### WORKOUT OF THE WEEK

Swim pacing - Bev gives us a brief rundown on his recent camp in Queenstown.

### ONE STEP AHEAD

Caffeine and ketosis

### HOT PROPERTY INTERVIEW – JAVIER GOMEZ

Born in Switzerland in 1983 Javier moved to Spain at just 3 months old and has been living there ever since. Since 2006 he has accumulated one of the best records ever achieved in triathlon history. Javier's dream of racing at Rio this year was thwarted following a bike injury leading into the games. We are delighted to have been able to talk to Javier shortly before his recent race at the half distance in Rotorua, New Zealand.



### SIMS SCIENCE

We bring you another new segment in which Stacy Sims (Exercise Physiologist and Nutrition Scientist) talks to us about the latest in science for endurance athletes! This week we discuss hydration and the new BSX Insights Hydration Monitor.



### 5 MIN FOCUS

Bevan talks to Riku Rimpela of Trainsense about their innovative new SmartPaddle - a powermeter for swimming <http://www.trainsense.com/>



### LINKS

More about Javier Gomez at <http://www.javiergomeznoya.com/>

Follow Javier on Facebook at <https://www.facebook.com/pages/Javier-Gomez-Noya/98479548856> and on Twitter at <https://twitter.com/Jgomeznoya>

More about BSX Insights at <https://www.bsxinsight.com/>

More about the Kickstarter campaign for the Hydration Monitor here <https://www.kickstarter.com/projects/lactate-threshold/lvl-the-first-wearable-hydration-monitor/updates>

Follow Stacy Sims on Facebook at <https://www.facebook.com/drstacysims/>

More about Trainsense at <http://www.trainsense.com/>

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Mikki Williden can be found at <https://www.facebook.com/mikkiwillidennutrition>

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