

JAN
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2017

FITTER RADIO EPISODE 143

WORKOUT OF THE WEEK

Running off the bike.

ONE STEP AHEAD

Race day breakfasts of the pros.

HOT PROPERTY INTERVIEW – PATRICK LANGE

What a year for German Triathlete Patrick Lange! 2016 Ironman Texas North American Champ and 3rd place for his first appearance at the Ironman World Champs in Kona. Not only that but he broke the marathon run record with a blistering 2:39:45.



SID TALKS

Bevan chews the tri fat with triathlete Laura Siddall. This week they talk 'The Life of a Pro Triathlete'



LINKS

Plyometrics for triathletes on YouTube at:

<https://www.youtube.com/watch?v=VsJ4Z43HCEQ>

<https://www.youtube.com/watch?v=hvOLOx7LXaw>

<https://www.youtube.com/watch?v=9BPkN8na63M>

More about Patrick Lange at <https://patrick-lange.org/>

Follow Patrick on Facebook at <https://www.facebook.com/P.Lange.Leidenschaft.am.Limit>

and on Twitter at <https://twitter.com/PatrickLange1>

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

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