

JAN  
09  
2017

## FITTER RADIO EPISODE 144

### WORKOUT OF THE WEEK

Interval training.

### ONE STEP AHEAD

Sugar cravings.

### HOT PROPERTY INTERVIEW – FARIS AL-SULTAN

German triathlete Faris Al-Sultan retired in May 2015 after a hugely successful professional triathlon career which included winning Kona in 2005. He still loves to train but has moved into a coaching role, recently coaching Patrick Lange to his 3<sup>rd</sup> place at Kona. We talk to Faris about his time as a triathlete, his life since retirement and his plans for the future.



### SIMS SCIENCE

In this week's segment, we talk to Stacy Sims (Exercise Physiologist and Nutrition Scientist) about her research at The University of Waikato Adams Centre for High Performance into using environmental stressors to boost performance.



#### **LINKS**

More about Faris Al-Sultan at <http://www.faris-al-sultan.com/>

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

More about The University of Waikato Adams Centre for High Performance at <http://www.uowadamshpc.co.nz/>

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