

JAN  
23  
2017

## FITTER RADIO EPISODE 146

### WORKOUT OF THE WEEK

Stress and recovery.

### ONE STEP AHEAD

Following on from last week's segment on the latest research around LCHF and performance, we look at what Ironman legend Mark Allen ate in his heyday.

### HOT PROPERTY INTERVIEWS – AMELIA WATKINSON & CHRIS HUTCHENS

After Amelia's stellar season in Asia she came back to NZ to compete in 2 more races - Taupo 70.3 and Port of Tauranga Half. She podiumed at the first and won the second. Amelia has now accepted an offer to join the BMZ-Etixx Pro Triathlon team. She talks to us about how that came about and what she's been doing with her new team.



And following on from the triathlon team theme we also speak to Chris Hutchens Team Director of the Maverick Multisport team of triathletes. Founded in 2013 The Maverick squad has become well regarded across the triathlon landscape and accounts for numerous top 5 finishes, Ironman wins and Challenge Family victories. Recent additions to their squad include Australians Clayton Fettell and Dan Wilson.



### SIMS SCIENCE

In this week's segment we talk to Stacy Sims (Exercise Physiologist and Nutrition Scientist) about cold immersion and coffee.



#### **LINKS**

Study from Workout of the Week on Stress and Recovery “Psychosocial Factors and Sport Injuries: Meta-analyses for Prediction and Prevention.”

<https://www.ncbi.nlm.nih.gov/pubmed/27406221>

Follow the BMC-Etixx Pro Triathlon Team on Facebook at

<https://www.facebook.com/bmctetixxtri/>

More about Amelia Rose Watkinson at <http://www.ameliarosewatkinson.com/>

Follow Amelia on Facebook at <https://www.facebook.com/amelia.watkinson>

More about Maverick Multisport at <http://maverickmultisport.com/>

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

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