## **FITTER RADIO EPISODE 147**

## **WORKOUT OF THE WEEK**

Early and later risers.

## **ONE STEP AHEAD**

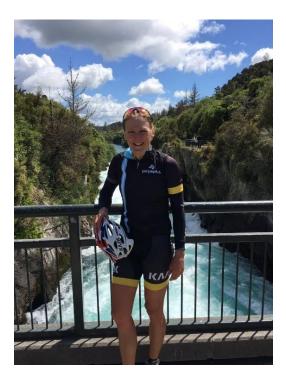
Personalised nutrition.

## **HOT PROPERTY INTERVIEW – JOSIAH MIDDAUGH**

American multisport athlete Josiah Middaugh recently won the Red Bull Defiance race together with his racing partner Braden Currie. Josiah's time in the sport has seen him achieve 12-time Xterra US National Champ status and 2015 XTERRA World Champion. We catch Josiah post-race in New Zealand plus we talk to him about 'that win' over Braden of 7/100<sup>th</sup> of a second at the Xterra PanAm Champs!



# **SID TALKS**Bevan chews the tri fat with triathlete Laura Siddall.



### **5 MINUTES WITH TOUGHMAN**

We bring back the man behind the fast growing Toughman Tri Series Richard Izzo to tell us about the upcoming first race of the Toughman Race Series on 5<sup>th</sup> February 2017... Toughman Argentina Rosario!



## LINKS

Chronotype links at https://www.bioinfo.mpg.de/mctq/core\_work\_life/core/introduction.jsp http://well.blogs.nytimes.com/2011/11/18/so-you-think-you-can-be-a-morning-person/https://mycircadianclock.org/

More about Middaugh Coaching at http://middaughcoaching.com/ Follow Josiah on Facebook at https://www.facebook.com/josiah.middaugh More about Laura Siddall at http://laurasiddall.com/

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