

JAN
30
2017

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 7/100th 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 5th 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/>

Follow 'Sid' on Facebook at <https://www.facebook.com/laura.siddall.5333> on Twitter at <https://twitter.com/lmsiddall> and on Instagram at <https://www.instagram.com/lmsid/>

More about Toughman Tri at <http://www.toughmantri.com/>

Follow Toughman Tri on Facebook at <https://www.facebook.com/TOUGHMANHalf/>

CONTACT US

Learn more about us at <http://www.fitter.co.nz>

Like us on Facebook at <http://www.facebook.com/fitter.co.nz> for the latest news and information

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

LISTEN HERE