

FEB  
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## FITTER RADIO EPISODE 148

### WORKOUT OF THE WEEK

Things to consider when you're tapering for an event.

### ONE STEP AHEAD

HMB and ATP

### HOT PROPERTY INTERVIEW – LEON GRIFFIN

At 36 years old Australian triathlete Leon Griffin has many years of triathlon wins under his belt. He spends his time between his hometown of Bendigo, Australia and Boulder, Colorado. Now a father of 2 Leon tells us about his career to date, his plans for the future and how the sport is changing.



### SIMS SCIENCE

In this week's segment we talk to Stacy Sims (Exercise Physiologist and Nutrition Scientist) about how an athlete's genetics can determine whether they respond or otherwise to their training program.



## **LINKS**

Link to HMB and ATP stack here <https://millenniumsport.net/products/hmb-and-peak-elite-atp-stack/>

More about Leon Griffin at <https://www.leongriffin.com.au/>

Follow Leon on Facebook at <https://www.facebook.com/LeonGriffinTriathlete/> and on Twitter at <https://twitter.com/grifffo>

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

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