

FEB
20
2017

FITTER RADIO EPISODE 150

WORKOUT OF THE WEEK

Should we tumble turn.

ONE STEP AHEAD

Going wrong on LCHF Part II

HOT PROPERTY INTERVIEW – JOHN DUKE

John Duke, a legend in the sport of triathlon, did his first Ironman way back in 1982 – he thought it was going to be a one-time deal but it soon became ‘part of his DNA’. A fascinating chat with John during which he talks about his time as an athlete in the sport, his career and his next move!



SIMS SCIENCE

In this week's segment we talk to Stacy Sims (Exercise Physiologist and Nutrition Scientist) about what it means to be a salty sweater.



5 MINUTE FOCUS

This week we talk to Bob De Woolf, General Manager of the BMC-ETIXX Pro Triathlon Team Powered by Uplace. The company started small in 2008 with one athlete but quickly grew and by 2011 were in a position to launch a team of top triathletes. 2014 saw the creation of the Uplace/BMC Pro Triathlon Team one of the leading international triathlon teams in the world with ETIXX coming on board in 2016. Their 2 main principles: supporting their athletes in order to help them achieve optimum performance whilst at the same time offering a return on the investment from their sponsors.



LINKS

Follow Stacy Sims on Facebook at <https://www.facebook.com/drstacysims/>
More about the BMC-ETIXX Pro Triathlon Team Powered by Uplace here
<http://www.uplacebmctriathlon.com/>

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