

FEB
27
2017

FITTER RADIO EPISODE 151

WORKOUT OF THE WEEK

Acupuncture

ONE STEP AHEAD

Dougal Allan's race nutrition

HOT PROPERTY INTERVIEW - DOUGAL ALLAN

We are delighted to be able to bring you an interview with Kiwi Pro Triathlete, Dougal Allan. Dougal won the full distance race at Challenge Wanaka for the second time last weekend and talks us through his day.



SID TALKS

We bring back Pro Triathlete Laura Siddall to chew the latest tri fat with Bevan.



LINKS

More about Dougal Allan at <http://www.dougalallan.com/>

Follow Dougal on Facebook at <https://www.facebook.com/dougalallanproathlete/> and on Twitter at <https://twitter.com/DougalAllan>

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/>

Challenge Wanaka at <http://www.challenge-wanaka.com/>

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](#)