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2017

FITTER RADIO EPISODE 152

RACE OF THE WEEK

Bevan and iron distance pro triathlete Dylan McNeice recap the Ironman New Zealand race this weekend.

ONE STEP AHEAD

Caffeine and recovery.

HOT PROPERTY INTERVIEW – SAM APPLETON

We bring back Sam Appleton following his recent win at the Ironman 70.3 Geelong.



SIMS SCIENCE

In this week's segment we talk to Stacy Sims (Exercise Physiologist and Nutrition Scientist) about Vitamin D plus the latest research around why athletes get sick in taper week.



5 MINUTES WITH TOUGHMAN

We bring back the man behind the fast growing Toughman Tri Series Richard Izzo to tell us about the next race of the Toughman Race Series on 18th March 2017... Toughman Arizona!

TOUGHMAN HALF ARIZONA

5 MINUTE FOCUS

We talk to Katie Macarelli - Marketing Coordinator, Will Allen - Product Engineer and Jeff Nitta - Vice President of "Feedback Sports" (<https://www.feedbacksports.com/>) about their Omnium Portable Trainer. "This simple fork-mount design is optimized for pre-race warm-up, travel, and those days when life (or the weather) gets in the way of your ride. The Omnium Trainer utilizes Internal Progressive Resistance (IPR): delivering a real-road feel with minimal noise"



LINKS

One Step Ahead link at [http://journals.lww.com/nsca-](http://journals.lww.com/nsca-jscr/Abstract/2017/03000/Effect_of_Caffeine_on_Perceived_Soreness_and.8.aspx)

[jscr/Abstract/2017/03000/Effect_of_Caffeine_on_Perceived_Soreness_and.8.aspx](http://journals.lww.com/nsca-jscr/Abstract/2017/03000/Effect_of_Caffeine_on_Perceived_Soreness_and.8.aspx)

More about Sam Appleton at <https://www.samappleton.com/>

Follow Sam on Facebook at <https://www.facebook.com/samappletonprotri/> and on Twitter at https://twitter.com/sam_appo

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

Links to Stacy's segment here:

<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0170665>

<https://jissn.biomedcentral.com/articles/10.1186/s12970-016-0155-6>

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

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

More about Lake Havasu in Arizona at <http://www.golakehasu.com/>

More about the Omnium Trainer at <https://www.feedbacksports.com/>

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

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