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2017

FITTER RADIO EPISODE 153

WORKOUT OF THE WEEK

We talk to Simon Cochrane, one of our Fitter pro athletes, about 'The Double'. Simon raced into 5th position at Challenge Wanaka and 8th at Ironman New Zealand.



ONE STEP AHEAD

Post event recovery food choices.

HOT PROPERTY INTERVIEW – EMMA BILHAM

Swiss/British pro triathlete Emma Bilham recently completed 'The Double' – Challenge Wanaka full distance followed by Ironman New Zealand 2 weeks later. She podiumed in 3rd place at Challenge and raced to 5th position at IMNZ. We talk to Emma about how she got into triathlon, her career to date and her plans for the future.



SID TALKS

We bring back Pro Triathlete Laura Siddall to chew the latest tri fat with Bevan. This week Laura talks to us about her race at IMNZ and 'The Double'.



LINKS

More about Simon Cochrane at <http://www.simoncochrane.net/>

Follow Simon on Facebook at <https://www.facebook.com/SimonCochraneIronman/> and on Twitter at <https://twitter.com/CochraneSimon>

More about Emma Bilham at <http://www.emmabilham.com/>

Follow Emma on Facebook at <https://www.facebook.com/emmabilham.triathlete/> and on Twitter at <https://twitter.com/emmabilham>

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/>

One step ahead link at http://www.triathlete.com/2017/03/nutrition/five-tips-for-maintaining-your-daily-diet_70138

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

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