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2017

## FITTER RADIO EPISODE 154

### WORKOUT OF THE WEEK

The long run – how often should we be doing it.

### ONE STEP AHEAD

Sleep aids.

### HOT PROPERTY INTERVIEW – CAMILLE HERRON

Camille Herron is an American long-distance runner from Oklahoma. After racing back-to-back marathons she decided 2 years ago to race her first 100K, mainly because she realised that the more she runs the better she feels and the longer the distance the faster and stronger she gets! She not only won that race but also broke the 26-year Championship record. Camille went on to win the 100k World Champs in the Netherlands, the 50-mile world record and the 50k World Champs in Doha. Last month Camille came to New Zealand and won the iconic Tarawera Ultra setting a new course record of 8hrs and 56 mins. Camille talks to us about how she trains for these distances, what she's learned about herself along the way and her beer drinking race fuelling strategy!



### SIMS SCIENCE

In this week's segment we talk to Stacy Sims (Exercise Physiologist and Nutrition Scientist) about how to naturally achieve 'doping' level performance!



#### **LINKS**

Health Discovery crackers at <https://www.facebook.com/healthdiscoveryco/>

Sauerkraut and Kimchee at Living Goodness <http://livinggoodness.co.nz/>

More about Camille Herron at <http://www.camilleherron.com/>

Follow Camille on Facebook at <https://www.facebook.com/runcamille> and on Twitter at <https://twitter.com/runcamille>

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

Links to Stacey's segment at

[http://www.autonomicneuroscience.com/article/S1566-0702\(16\)30007-8/abstract](http://www.autonomicneuroscience.com/article/S1566-0702(16)30007-8/abstract)

<http://onlinelibrary.wiley.com/doi/10.1113/JP270879/full>

<http://news.stanford.edu/2012/08/29/cooling-glove-research-082912/>

<https://www.ncbi.nlm.nih.gov/pubmed/19860889>

<https://www.ncbi.nlm.nih.gov/pubmed/18923562>

Link to Mikki's segment on sleep aids at <http://suppversity.blogspot.co.nz/2013/10/science-round-up-seconds-gaba-exercise.html>

#### **CONTACT US**

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