

MAR
27
2017

FITTER RADIO EPISODE 155

WORKOUT OF THE WEEK

Fitness testing – sub maximal testing options and why you may want to consider them.

ONE STEP AHEAD

Smoothies

HOT PROPERTY INTERVIEW – SARAH CROWLEY

This week we talk to Australian pro triathlete Sarah Crowley, recent winner of the Ironman 70.3 Middle Eastern Champs in Bahrain. At her Kona debut last year she raced to 15th position in the female pro field. This year she hopes to re-qualify with a plan to race Cairns and give the 'big island race' another go. We talk to Sarah about her path to triathlon and the work she's doing to improve her swim. Sarah also shares with us her thoughts and personal frustrations around non-payment of prize money to pro triathletes.



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 in the Toughman Race Series on April 2nd 2017... Toughman Mexico!

TOUGHMAN HALF 
FUGA DE ISLA - MÉXICO

SID TALKS

We bring back Pro Triathlete Laura Siddall to chew the latest tri fat with Bevan. This week they talk Challenge Wanaka, the Super League and the Collins Cup.



LINKS

More about Sarah Crowley at <http://www.sarahcrowleytriathlete.com/>

Follow Sarah on Facebook at <https://www.facebook.com/sarah.crowley.7370> and on Twitter at https://twitter.com/Sarah_Crowley1

Total Body Force Swimming at <http://trisutto.com/tbf-swimming-part-1/>

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

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

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/>

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