

APR
10
2017

FITTER RADIO EPISODE 157

WORKOUT OF THE WEEK

Cycling speed skills – the pedal stroke

ONE STEP AHEAD

How to protect yourself nutritionally whilst partying.

HOT PROPERTY INTERVIEW – RICHARD VARGA

Having competed at the 2012 London Olympic Games, RIO 2016 Olympic Games and the Inaugural European Games in Baku in summer 2015, Richard Varga is Slovakia's most successful Triathlete. He's also one of the fastest triathlon swimmers in the world. Richard recently competed at the new Super League Triathlon Series on Hamilton Island. He talks to us about his career, his plans for Tokyo and those races on Hamilton Island!



SID TALKS

We bring back Pro Triathlete Laura Siddall to chew the latest tri fat with Bevan. This week they talk Challenge Melbourne, the Brownlees and 70.3 racing plus Fabian Cancellara and his involvement with the newly reformed TriStar Triathlon Series.



LINKS

More about Richard Varga at <http://www.richardvarga.sk/en/>

Follow Richard on Facebook at <https://www.facebook.com/VargaTriathlon/> and on Twitter at https://twitter.com/Varga_triathlon

Follow the Super League Triathlon Facebook at <https://www.facebook.com/SuperLeagueTri/>

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 Melbourne at <http://www.challengemelbourne.com.au/>

The TriStar Triathlon Series at <http://www.tristartriathlon.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