

APR  
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## FITTER RADIO EPISODE 159

### WORKOUT OF THE WEEK

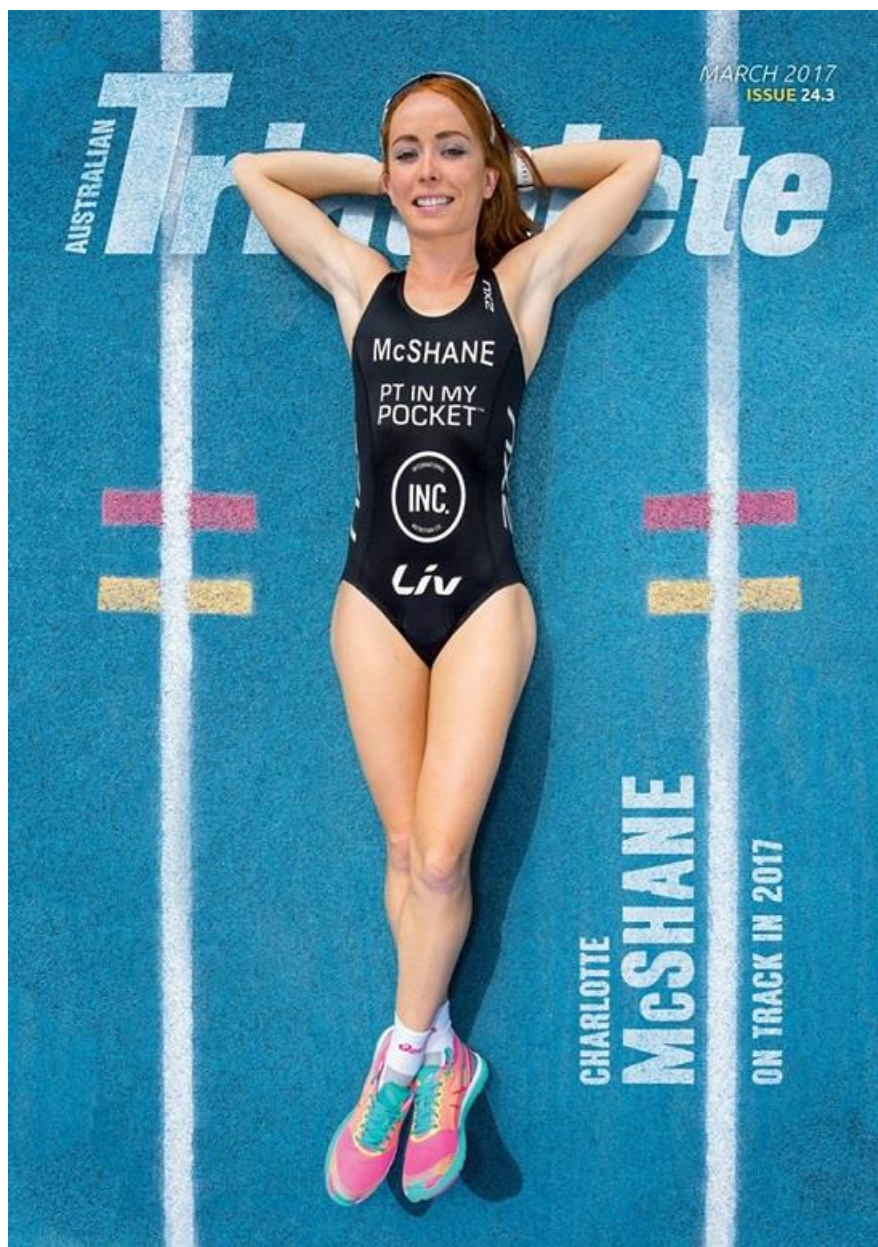
Some general principles you need to apply depending on your training age coming into the sport.

### ONE STEP AHEAD

Update on branched chain amino acids (BCAA's).

### HOT PROPERTY INTERVIEW – CHARLOTTE MCSHANE

Scottish born ITU athlete Charlotte McShane moved to Australia in 2005 with her family. By the age of 20 she had already competed in 10 half IM distances but in 2010 joined Jamie Turner's squad of Wollongong Wizards to focus on the ITU distance. In 2013 she won the World ITU U23 Triathlon Championships in London and has since developed into a competitive elite athlete, regularly finishing within the top 10 in the World Triathlon Series. In 2016, Charlotte had her most successful season to date, finishing 3rd in the ITU World Triathlon Series in Cozumel, Mexico ending the year ranked 8th overall in the World Triathlon Series.



## SID TALKS

We bring back Pro Triathlete Laura Siddall to chew the latest tri fat with Bevan. This week they talk about Laura's training for Port Macquarie and give us an insight into how a pro swim trains for an event. They also talk about Andrea Hewitt's recent wins and the latest on the Collins Cup.



## LINKS

More about Charlotte McShane at <http://charlottemcshane.com.au/>

Follow Charlotte on Facebook at <https://www.facebook.com/CharlotteMcShaneTriathlete/>  
and on Twitter at <https://twitter.com/CharMcShane>

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/>

More about the Collins Cup at <http://www.thecollinscup.com/>

Balance Nutrition BCAA's at

<http://www.balancesportsnutrition.com/products/detail/balance-bcaa>

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