

MAY
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FITTER RADIO EPISODE 160

QUESTION OF THE WEEK

Is there demand out there for more ITU long distance races?

WORKOUT OF THE WEEK

How to train speed in swimming.

ONE STEP AHEAD

Ketone Esters and glucose – a new study

HOT PROPERTY INTERVIEW – MIRINDA CARFRAE

An absolute legend in the sport of triathlon Australian Mirinda 'Rinny' Carfrae has raced Kona 8 times and at 3 of those races took the win to become Ironman World Champion. She competed in her first triathlon at 19 years of age and shortly after, having had no prior background in swimming, cycling or running, made the 2001 Australian Junior Elite Team. Rinny represented Australia at the ITU World Champs from 2001-2005, twice earning silver medals (2002 & 2003) before turning her attention to long distance racing. Since that time she has evolved into one of the top long distance triathletes in the world. Married to Tim O'Donnell and expecting her first child Rinny talks to us about her career to date and her plans for the future.



SIMS SCIENCE

Stacy Sims (Exercise Physiologist and Nutrition Scientist) is back from her tour of the States and we're excited to be talking and working with her on a science based project involving block periodisation cycle training with the application of heat. We'll be experimenting on one of our own Fitter pro athletes, Jason Hall, in an effort to get him fitter, faster. We'll report back on his progress as we go plus Bev might just throw himself into the mix too!



LINKS

More about Mirinda Carfrae at <http://www.mirindacarfrae.com/>

Follow Rinny on Facebook at <https://www.facebook.com/rinnytriathlon/> and on Twitter at <https://twitter.com/Mirindacarfrae>

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

A Ketone Ester Drink Increases Postexercise Muscle Glycogen Synthesis in Humans at <https://www.ncbi.nlm.nih.gov/pubmed/28398950?dopt=Abstract>

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