

MAY  
08  
2017

## FITTER RADIO EPISODE 161

### WORKOUT OF THE WEEK

Swimming's a drag.

### ONE STEP AHEAD

Digestive enzymes and how to use them for exercise.

### HOT PROPERTY INTERVIEW – HAMISH BOND

Two-time Olympic Champion rower and unbeaten for a period of 8 years in the pairs with multiple World Championship wins Hamish Bond has now changed his focus to cycling. His plan, to attempt to qualify for Tokyo 2020 representing New Zealand as a Time Trialist. With the form he's shown so far, he might just do it.



### SID TALKS

We bring back Pro Triathlete Laura Siddall to chew the latest tri fat with Bevan. This week they talk Port Macquarie, the Jordan Rapp/Diamond Bikes lawsuit, Lauren Parker, Women for Tri slots to Kona and the Brownlee's switch to Scott Bikes. And yes.... She did it! 🙌



## LINKS

The Monster Triathlon at <http://www.monstertriathlon.org/>

The Resistance Swim Chute from The Swim Shop at <https://www.swimshop.co.nz/>

The Alps to Ocean Ultra run at <https://www.alps2oceanultra.com/>

Lauren Parker gofundme page at <https://www.gofundme.com/wearewithyouloz>

Free personalised swim workouts at <https://swimplan.com/>

Sarah McLarty swim workouts at

<http://mastersswimworkoutsbysaramclarty.blogspot.co.nz/>

More about Hamish Bond on Facebook at <https://www.facebook.com/The-Kiwi-Pair-117001512258/>

Doctor's Best, Best Proteolytic Enzymes at <https://nz.iherb.com/pr/Doctor-s-Best-Best-Proteolytic-Enzymes-90-Enteric-Coated-Veggie-Caps/9941>

The book "Food Enzymes for Health and Longevity" at

<http://www.fishpond.co.nz/Books/Food-Enzymes-for-Health-Longevity-Dr-Edward-Howell-Dr-Edward-Howell/9780940676275>

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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