

MAY  
22  
2017

## FITTER RADIO EPISODE 163

### WORKOUT OF THE WEEK

The Training Stress Score

### ONE STEP AHEAD

New fluid guidelines for endurance cycling.

### HOT PROPERTY INTERVIEW – SCOTT MOLINA

Scott Molina, one of the legends of triathlon, has a vast array of professional victories to his name including 6 USA professional championships, 50 USTS triathlons, 2 "World's Toughest Triathlon" titles, Ultraman World Championships, 1991 Zofingen Duathlon, 1988 Hawaii Ironman World Championships and 46 podium finishes of either 2nd or 3rd place. In 1990 Scott married fellow professional triathlete Erin Baker. Now living in Christchurch, New Zealand and father to three children Scott talks to us about the Breca Swim Run challenge, the Collins Cup, the 100 Col bike challenge and his entry to Challenge Roth!



### SIMS SCIENCE

We're back with Stacy Sims (Exercise Physiologist and Nutrition Scientist) and this week we're talking about the drug that may prevent you from 'hitting the wall', the drink that hopes to 'propel elite marathoners to the sub 2 hour mark' and the 2017 Sports and Exercise Conference in NZ this October.



### **LINKS**

More about Scott Molina at <http://www.scottmolina.com/>

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

Links to Sims Science segment at <http://www.stuff.co.nz/life-style/well-good/motivate-me/92142297/drug-may-help-prevent-athletes-from-hitting-the-wall> and <https://www.si.com/edge/2017/03/23/sub-two-hour-marathon-drink-maurten-elite-runners>

More about the 2017 Sports and Exercise NZ Conference at <http://sesnz.org.nz/conference/>

The Influence of Drinking Fluid on Endurance Cycling Performance study at:

<https://www.ncbi.nlm.nih.gov/pubmed/28497286>

Mikki's smoothie at <https://mikkiwilliden.com/recipes/micronutrient-smoothie-deliciousness>

### **CONTACT US**

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