

MAY  
29  
2017

## FITTER RADIO EPISODE 164

### WORKOUT OF THE WEEK

TSS Part 2 – Overload and how to use training stress to plan your season.

### ONE STEP AHEAD

Tomatorade.

### HOT PROPERTY INTERVIEW – ELLIE SALTHOUSE

Australian triathlete Ellie Salthouse is one of the up and coming stars of the 70.3 distance. Living in Boulder, and coached by Siri Lindley, Ellie started her career as an ITU athlete qualifying for the inaugural youth Olympics in 2010 and racing to silver in the individual race and silver in the team event. In 2014/15 she raced ITU under the guidance of Siri but at the end of the year after contemplating leaving the sport was persuaded by Siri to give the 70.3 distance a go. The rest is history. In 2016 Ellie achieved a string of podium results including a win at Challenge Melbourne and has more recently raced to second at Dubai, second at Oceanside and third at St. George, North American Champs. Ellie plans to race the Challenge Championship in Slovakia next month, then Alcatraz and the 70.3 Worlds in Chattanooga.



## 5 MIN FOCUS

We talk to Ben West from Event Management company DuTriRun

<http://www.dutrirun.com/> about Toughman's Wisconsin event on June 17th and Minnesota event on July 30th

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# TOUGHMAN HALF

## WISCONSIN - HIGH CLIFF

Saturday June 17th

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# TOUGHMAN HALF

## MINNESOTA-CHISAGO

Sunday July 30th

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## SID TALKS

We bring back Pro Triathlete Laura Siddall to chew the latest tri fat with Bevan. This week Laura talks to us from back home in the UK and we chat about the news on the pro field at the Challenge Wanaka full distance race, what Laura's got planned race wise over the next few months and the Challenge Championship in Slovakia on June 3<sup>rd</sup>!



## LINKS

Link to Workout of the Week at <https://www.trainingpeaks.com/blog/why-planning-with-training-stress-score-is-the-most-accurate-way-to-plan-your-season/>

More about Ellie Salthouse at <http://elliesalthouse.com/>

Follow Ellie on Facebook at <https://www.facebook.com/elliesalthouse1/> and on Twitter at <https://twitter.com/elliesalthouse>

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 DuTriRun at <http://www.dutrirun.com/>

More about Toughman Wisconsin at <http://www.toughmantri.com/toughman-wisconsin-high-cliff/>

More about Toughman Minnesota at <http://www.toughmantri.com/toughman-minnesota-chisago/>

Link to Training Peaks blogs at

More about the Challenge Championship at [http://www.thechampionship.de/?page\\_id=14](http://www.thechampionship.de/?page_id=14) and on Facebook at <https://www.facebook.com/ChallengeFamilyTheChampionship/?fref=fb>

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