

JUN
05
2017

FITTER RADIO EPISODE 165

WORKOUT OF THE WEEK

CTL ranges for Kona.

ONE STEP AHEAD

Fasting

HOT PROPERTY INTERVIEW – RICHARD THOMPSON

Australian Richard Thompson of T:Zero Multisport coaching won Ultraman Australia last month breaking the world record by 17 mins. As an ex triathlete and age group winner at Kona Richard knew how to race long however taking on an Ultraman was a whole different ball game. Richard talks us through his race plus he tells us what brought him to the start line in the first place!



SIMS SCIENCE

We're back with Stacy Sims (Exercise Physiologist and Nutrition Scientist) and this week we talk about SOS Hydration and the latest recommendations on carbohydrates in your sports drink.



LINKS

More about Richard Thompson at <http://www.tzeromultisport.com.au/richard-thompson.html>

Ultraman Australia on Facebook at <https://www.facebook.com/UltramanAustralia/>

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

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