

JUN
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2017

FITTER RADIO EPISODE 167

WORKOUT OF THE WEEK

A mixed bag including an update on the Limits Power Meter. A listener question about BCAAs and more about EnduraCell.

ONE STEP AHEAD

Metabolic efficiency and what might be going wrong.

HOT PROPERTY INTERVIEW – LAURA PHILIPP

German 70.3 pro triathlete Laura Philipp has already started her season with 2 straight wins at Ironman 70.3 Mallorca and Ironman 70.3 St. Pölten in Austria. Laura gives us some fascinating insights into her training regime and tells us about her plans for both racing Xterra and 'going longer' in the future.



SID TALKS

We bring back Pro Triathlete Laura Siddall to chew the latest tri fat with Bevan. This week Laura talks to us from Girona about her race, the latest on drug busts, the Collins Cup and Ironman's purchase of the Rock and Roll Marathon Series.



LINKS

More about Laura Philipp at <https://lauraphilipp.de/>

Follow Laura on Facebook at <https://www.facebook.com/lptriathlon/>

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/>

Balance Nutrition BCAAs at

<http://www.balancesportsnutrition.com/products/detail/balance-bcaa>

My Protein BCAA powder at <https://nz.myprotein.com/sports-nutrition/bcaa/10529280.html>

EnduraCell Broccoli Sprout Powder at <https://www.cell-logic.com.au/product/enduracell-plus/>

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