

JUN
26
2017

FITTER RADIO EPISODE 168

WORKOUT OF THE WEEK

Rest.

ONE STEP AHEAD

Beer.

HOT PROPERTY INTERVIEW – MIKE PHILLIPS

As a bigger guy, you wouldn't have thought kiwi Mike Phillips would go well as a triathlete, however he swims well, runs well, and goes well in the heat. He's producing some great results having come second at numerous half distances and of course coming second in the Challenge Wanaka full distance behind Dougal Allan last February. We talk to Mike about how he got into the sport and his plans for racing and getting to Kona.



SIMS SCIENCE

We're back with Stacy Sims (Exercise Physiologist and Nutrition Scientist) and this week we talk about Occlusion or 'Blood Flow Restriction' training.



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 training for Roth, plus they talk about the recent news about the age grouper caught letting down the tyres of her competitor in transition, more age group doping scandals and those Challenge Family logos on the Brownlee's race uniforms!



LINKS

More about Mike Phillips at <http://mikephillipstri.blogspot.co.nz/>

Follow Mike on Twitter at <https://twitter.com/MikePhillipsNz>

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

More about Laura Siddall at <http://laurasiddall.com/>

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