

JUL
03
2017

FITTER RADIO EPISODE 169

A LISTENER QUESTION

TSS

WORKOUT OF THE WEEK

Drafting

ONE STEP AHEAD

Real food options for real food athletes

HOT PROPERTY INTERVIEW – BART AERNOUTS

With a recent win at Ironman Lanzarote and a top ten at Kona last year Belgian triathlete Bart Aernouts has already qualified for the Ironman World Champs. Viewed as one of the most consistent triathletes on the Ironman circuit Bart has qualified many times for Kona and, with the support of his team BMC-Etixx, has raced to a top 10 on nearly every occasion. This year he's decided to also take on Challenge Roth. We look forward to watching his progress.



5 MIN FOCUS

We bring back Rich Izzo, Founder of the rapidly expanding Toughman Half series, to talk about their next two races Toughman Utah <http://www.racetri.com/the-utah-half/> and the Toughman Chile Pan American Championships <http://www.toughmantri.com/toughman-chile/>

TOUGHMAN HALF
UTAH

Saturday July 15th



Sunday July 23rd

SIMS SCIENCE

We're back with Stacy Sims (Exercise Physiologist and Nutrition Scientist) and this week we talk about a new study - The Relative Energy Deficit in Sport Syndrome. Want to be involved in the study? For this project, Stacy is seeking 20 emerging and elite female athletes aged between 18-35 years from the Waikato and BOP regions. Participation from female athletes across an array of individual and team sports (including, but not limited to netball, running, rugby, rowing, cycling, triathlon, hockey) is welcomed.

Email Stacy at stacy.sims@waikato.ac.nz if you're keen to get involved



LINKS

More about Andrew Buckrell at <https://www.staczero.com/about>

More about Bart Aernouts at <http://www.uplacebmcetriathlon.com/athletes/bart-aernouts/>

Follow Bart on Facebook at <https://www.facebook.com/bmcetixtri/> and on Twitter at <https://twitter.com/bartaernouts>

Athlete plastic pouches at <http://kaicarrier.co.nz/>

Nutiva at iHerb at <https://nz.iherb.com/c/nutiva>

More about Toughman at <http://www.toughmantri.com/>

Follow Toughman on Facebook at <https://www.facebook.com/TOUGHMANHalf/>

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

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