

JUL
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FITTER RADIO EPISODE 170

WORKOUT OF THE WEEK

Is cadence limiting your Ironman performance.

ONE STEP AHEAD

11 reasons why you want to be thinking twice about ibuprofen.

HOT PROPERTY INTERVIEW – LUCY CHARLES

British pro triathlete Lucy Charles was a long-distance swimmer until 3 years ago when she decided to give triathlon a go! It quite obviously suited her as 2 years later she won her age group at both the 70.3 Worlds and Kona. In 2016 Lucy raced her first Ironman as a pro, she chose one of the hardest, Lanzarote. Despite racing on a stress fracture Lucy made it on to the podium. This year has seen Lucy's career take another upturn with her most significant breakthrough victory in Lanzarote. She won in a time of 9:35 setting a new bike course record in the process. Two weeks later Lucy went on to win the Challenge Championship in Slovakia. Her next race is Frankfurt where she hopes to gain enough points to qualify for Kona.



LINKS

Follow Lucy Charles on Facebook at <https://www.facebook.com/LucyAnneCharles/> and on Twitter at <https://twitter.com/LucyAnneCharles>
More about Pulse Fitness Triathlon at <http://www.pulsefitnesstriathlon.com/>

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