

JUL  
24  
2017

## FITTER RADIO EPISODE 172

### ONE STEP AHEAD

Protein

### WORKOUT OF THE WEEK

We talk to Matt and Jamie from Stryd Power. Stryd is the world's first wearable power meter that measures every key aspect of running – performance, technique, muscle strength and condition as well as the external running environment.



### HOT PROPERTY INTERVIEW – JOE SKIPPER

We bring back Joe Skipper to talk about his recent 2<sup>nd</sup> place at Challenge Roth plus we find out a bit more about his season to date and his plans going forward.



### SID TALKS

This week Laura 'Sid' Siddall talks to us from Tuscany in Italy in the lead up to her next race in Rome.



#### LINKS

Protein links at <https://www.hindawi.com/journals/jnme/2016/9104792/> and

<https://jissn.biomedcentral.com/articles/10.1186/s12970-017-0177-8>

<https://mikkiwilliden.wordpress.com/2017/07/16/starving-read-this-and-you-wont-be/>

More about the Stryd Power at <https://store.stryd.com/>

More about Joe Skipper at <http://joeskipper.co.uk/>

Follow Joe on Facebook at <https://www.facebook.com/Joekippertriathlete/> and on Twitter at <https://twitter.com/noaveragejoe88>

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/>

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