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2017

## FITTER RADIO EPISODE 173

We talk to you from Noosa at our athlete training camp.

### ONE STEP AHEAD

Mikki tells us about her new Athlete Nutrition Training Programs.

### HOT PROPERTY INTERVIEW – HALEY CHURA

Hayley Chura, American Ironman athlete and 70.3 specialist, turned pro in 2013. Her biggest breakthrough came at the end of 2014 when she spent a month in Brazil, winning both Ironman Fortaleza and Challenge Half Florianopolis. A major bike accident in 2015 took her out of the sport for a while but this year she's back and she hasn't been off the podium!



### SID TALKS

This week Laura 'Sid' Siddall talks to us from Prague after her recent win at Challenge Rome. We also talk about the women's Super League race and drug testing.



## **LINKS**

More about Haley Chura at <http://www.haleychura.com/>

Follow Haley on Facebook at <https://www.facebook.com/haley.chura.5> and on Twitter at <https://twitter.com/haleychura>

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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Mikki Williden can be found at <https://www.facebook.com/mikkiwillidennutrition>

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