

AUG
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2017

FITTER RADIO EPISODE 176

ONE STEP AHEAD

Capsaicin

WORKOUT OF THE WEEK

What to display on your bike head unit on race day

HOT PROPERTY INTERVIEW – JAIME NIELSEN

Jaime Nielsen is a New Zealand track and road cyclist and a former representative rower. Despite only taking up cycling in 2007 she competed for New Zealand at the 2012 Summer Olympics in the Women's Team Pursuit placing 5th and setting a national record of 3:18.514. At the 2016 Summer Olympics she finished 4th in the Women's Team Pursuit. Most recently Jaime smashed the world sea level hour record previously held by Bridie O'Donnell. She stopped the clock in a remarkable 47.791km in front of a loud and enthusiastic Avantidrome crowd.



SID (& DYL) TALKS

This week both Laura 'Sid' Siddall and Dylan McNeice talk to us from Girona. We talk about Dylan's win at Challenge Finland, the latest on the Collins Cup but we don't talk about 'that movie'.



LINKS

Link to Asada athlete warning at <https://www.asada.gov.au/news/athlete-warning-higenamine-supplements>

Follow Jamie on Facebook at <https://www.facebook.com/jaimenielsencyclist/> and on Twitter at https://twitter.com/Jaime_Nielsen

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/>

More about Dylan McNeice at <http://dylanmcneice.com/>

Follow Dylan on Facebook at <https://www.facebook.com/dylanmcneice.triathlete/> and on Twitter at <https://twitter.com/dylanmcneice>

Follow Challenge Finland on Facebook at <https://www.facebook.com/challengefinland/>

Icarus on Netflix at <https://www.netflix.com/nz/title/80168079>

Lite Book Advantage at <https://www.litebook.com/litebook-products/litebook-advantage>

Doc Parsley's Sleep Remedy at <https://store.docparsley.com/products/doc-parsley-sleep-remedy-single>

Nature's way Capsaicin supplements <https://nz.iherb.com/pr/Nature-s-Way-Cayenne-450-mg-180-Capsules/1833>

Link to Capsaicin study at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4477151/>

"Capsaicin may have important potential for promoting vascular and metabolic health"

Egg Sucking at http://www.doscience.com/act_archive/home_activities/egg_suck/egg.html

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