

SEPT
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2017

FITTER RADIO EPISODE 178

WORKOUT OF THE WEEK

How to use the TSB (Training Stress Balance) number in Training Peaks around rest and recovery.

HOT PROPERTY INTERVIEW – LISA ROBERTS

Lisa Roberts USA triathlete and member of the Trisutto squad recently placed 3rd at Challenge Roth. Since doing this interview she's also placed 4th at the incredibly tough Embrunman race breaking the run course record in the process. We talk to Lisa about her triathlon career to date, her recovery from a stress fracture and her plans going forward.



5 MINUTE FOCUS

We talk to Jeremy Davis owner of Setup Events about one of the upcoming races in the fast growing Toughman Series, Toughman South Carolina on Saturday 30 September 2017.



LINKS

More about the Mount Festival of Multisport 'Enduro' Long Distance Event at

<http://mountfestival.kiwi/events/long-distance-triathlon/>

More about Lisa Roberts at <http://www.lisajroberts.com/>

Follow Lisa on Facebook at <https://www.facebook.com/lisarobertstri> and on Twitter at <https://twitter.com/lisarobertstri>

More information about Endurance Corner at <http://www.endurancecorner.com/>
Excel Tri Coaching at <http://www.excelltricoaching.com/>
More about Embrunman at <http://www.embrunman.com/>
More about the Timex Team at <http://www.timexteam.com/>
Register for Toughman South Carolina here
http://www.setupevents.com/?fuseaction=event_detail&eventID=3049

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