

SEPT
11
2017

FITTER RADIO EPISODE 179

Laura Siddall hosts this week and we talk IM703 Santa Cruz, IM703 World Champs Chattanooga, IM703 Sunshine Coast and Challenge Walchsee.



BRADEN CURRIE

Winner of the Ironman 70.3 Santa Cruz race.



JORDAN RAPP

We talk to Jordan pre-race about his recent 3rd place at the infamous Isklar Norseman Extreme Triathlon.



PODCAST SURVEY

Pre-Survey Information

The purpose of this survey is to develop an understanding of the use of podcasts within the sport and exercise industry.

The aim of the research is to investigate how sport (and related programmes) students / graduates use podcasts. If you have listened to a podcast once, subscribe regularly, or never listened to a podcast you are all suitable.

To participate in this research, you are required to complete this survey that consists of a number of short answer and multiple-choice questions. It should take approximately 5 minutes maximum.

<https://hcg.onlinesurveys.ac.uk/podcast-usage>

LINKS

More about Jordan Rapp at <https://rapstar.com/>

More about Braden Currie at <https://www.bradencurrie.com/>

More about Laura Siddall at <http://laurasiddall.com/>

The Isklar Norseman Xtreme Triathlon at <http://nxtri.com/>

More about the Mount Festival of Multisport 'Enduro' Long Distance Event at <http://mountfestival.kiwi/events/long-distance-triathlon/>

CONTACT US

Learn more about us at <http://www.fitter.co.nz>

Like us on Facebook at <http://www.facebook.com/fittercoaching> for the latest news and information

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

[LISTEN HERE](#)