

SEPT
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2017

FITTER RADIO EPISODE 180

WORKOUT OF THE WEEK

Bevan's in Boulder. He tells us why they're altitude training and what he's measuring.

ONE STEP AHEAD

How training in a dehydrated state can help with short term heat acclimatisation.

ANDI BOECHERER – HOT... AND THEN NOT!

Andi Boecherer was leading the field at the recent Ironman 70.3 Santa Cruz race but had to pull out on the run due to a foot injury. The injury has now forced his decision to miss Kona this year and with his history of numerous top 5 performances there his absence will see some interesting changes to the potential dynamics of the race.



SAM OSBORNE - NOT... BUT NOW HOT!

Kiwi athlete Sam Osborne has raced 11 Xterra events this season to date - the Maui World Champs will be number 12. He's won the Asia Pacific Xterra tour and collected 5 extra wins around the globe and with a history in ITU and having started out on a mountain bike Sam will certainly be in contention.



SIMS SCIENCE

We're back with Stacy Sims (Exercise Physiologist and Nutrition Scientist) and this week we talk about what female athletes need to consider when training to race in the heat in respect of their menstrual cycle.



LINKS

Sam Osborne on Facebook at <https://www.facebook.com/samosbornetriathlon/>

Andi Boecherer on Facebook at <https://www.facebook.com/andiboecherer01/> and on Twitter at <https://twitter.com/andiboecherer>

Follow Stacy on Facebook at <https://www.facebook.com/drstacysims/>

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