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2017

FITTER RADIO EPISODE 183

IT'S KONA WEEK!

WORKOUT OF THE WEEK

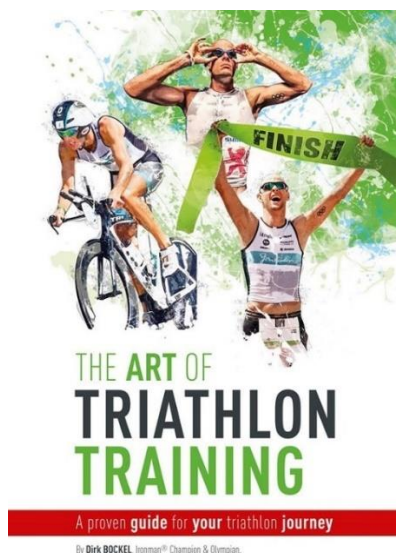
Pacing strategies for Kona

ONE STEP AHEAD

Update on the best sleep supplements plus a recent study on Carbohydrate Periodisation and Performance.

HOT PROPERTY INTERVIEW: DIRK BOCKEL

Dirk Bockel, one of the legends of triathlon, officially retired this year after 27 years in the sport. As an ex Olympian and multiple Ironman winner Dirk has many great achievements to his name, in particular his stellar performance at Challenge Roth in a time of 7hrs 52mins! He's now enjoying the entrepreneurial side of triathlon life and has recently released his book 'The Art of Triathlon Training: A proven guide for your triathlon journey.'



HOT PROPERTY INTERVIEW: LIZ MCTERNAN

British athlete Liz McTernan injured her spinal cord in a diving accident at the age of 40 resulting in paraplegia. Since then Liz has developed herself into a world ranked Para-cyclist and raced to a bronze medal in the world para-triathlon champs in Auckland 2012. At her second Ironman 70.3 in Luxembourg this year, one of only three qualifying races worldwide for Handcyclists, she qualified for Kona.



SIMS SCIENCE

We're back with Stacy Sims (Exercise Physiologist and Nutrition Scientist) and this week we talk hydration and cooling strategies for Kona.



LINKS

Jim Vance's Book Triathlon 2.0 at <https://www.amazon.com/Triathlon-2-0-Data-Driven-Performance-Training/dp/145046002X>

Buy Dirk's new book at <http://www.liveandlettri.com/book/>

Follow Dirk on Facebook at <https://www.facebook.com/dirk.bockel/>

Dirk's Mentorship Group at <https://www.facebook.com/groups/DirkBockelMentorship/>

More about Liz McTernan at <https://lizmcternan.com/>

Follow Liz on Facebook at <https://www.facebook.com/HandcyclingTriathlete/>

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

Links to Mikki's segment at <https://www.ncbi.nlm.nih.gov/pubmed/28723843> and

<http://suppversity.blogspot.com/2017/10/5x-sleep-supplements-that-work-valerian.html>

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