

NOV
20
2017

FITTER RADIO EPISODE 188

WORKOUT OF THE WEEK:

(0:21:34)

Bevan talks to Lou Davey, Psychologist with High Performance Sport New Zealand, about the challenges that age group athletes can face and strategies for dealing with them.

HOT PROPERTY INTERVIEW – JAMES CUNNAMA

(1:07:20)

We bring James Cunnama back to the show to talk about his recent 5th place in Kona and the imminent birth of his baby. (The interview was conducted before his recent bike crash and we wish him all the best for his recovery).



LINKS:

More about James Cunnama at <https://www.jamescunnama.net/> and on Facebook at <https://www.facebook.com/jamescunnama/>

High Performance Sport New Zealand at <https://www.hpsnz.org.nz/>

The Joe Rogan Experience Episode 1019 with Bryan Fogel <http://jrefan.com/the-joe-rogan-experience-episode-1019-with-bryan-fogel/>

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