

NOV
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2017

FITTER RADIO EPISODE 189

WORKOUT OF THE WEEK/ONE STEP AHEAD:

(0:19:03)

Bevan feeds back from the recent Female Athlete Health Symposium here in NZ and we talk about the issues around Relative Energy Deficiency Syndrome.

HOT PROPERTY INTERVIEW – TIM O'DONNELL

(0:42:16)

We are delighted this week to bring you an interview with America's top triathlete Timothy O'Donnell. Tim talks to us about his season to date, his Kona race and where he sees the future of the sport.



SID TALKS

(1:22:50)

Laura 'Sid' Siddall's back in NZ and we catch up on all the recent racing around the globe.



LINKS:

More about Timothy O'Donnell at <http://timothyodonnell.com/> and on Facebook at <https://www.facebook.com/TOinTRI>

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

The book Relentless Forward Progress at <https://www.amazon.com/Relentless-Forward-Progress-Running-Ultramarathons/dp/1891369903>

Mikki's recipe at <https://mikkiwilliden.com/recipes/beet-berry-bites>

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