

DEC
04
2017

FITTER RADIO EPISODE 190

WORKOUT OF THE WEEK/ONE STEP AHEAD:

(0:16:48)

We continue our discussion about the issues around Relative Energy Deficiency Syndrome.

HOT PROPERTY INTERVIEW – ERIC LAGERSTROM

(0:42:16)

From Oregon in the U.S. Professional Triathlete Eric Lagerstrom races the ITU circuit but is also a past winner of the Escape from Alcatraz race. He talks to us about his career to date, his love of videography and his plans for the future.



SID TALKS

(1:10:57)

We catch up with Laura 'Sid' Siddall for a round up of the weeks racing.



LINKS:

More about Eric Lagerstrom at <http://ericlagerstrom.com/> and on Facebook at <https://www.facebook.com/EricLagerstromTriathlete/>

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

More about Trifactor at <http://activeqt.co.nz/event/trifactor-wanaka/>

Orthorexia study at <https://medium.com/@karenpendergrass/orthorexia-is-bullshit-a-lesson-in-intellectual-laziness-2a4813277afa>

Ovarian suppression study at <http://europepmc.org/abstract/med/23846160>

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