

DEC  
18  
2017

## FITTER RADIO EPISODE 192

### COMPETITION TIME:

We have a couple of entries to giveaway to the Mount Festival of Multisport AquaBike race on 20 January 2018! To enter email us at [info@fitter.co.nz](mailto:info@fitter.co.nz) with the name of the sponsor for the AquaBike race. Entries close 5pm on Friday 22 December.

### WORKOUT OF THE WEEK:

(00:21:30)

Run Cadence

### HOT PROPERTY INTERVIEW – MAGALI TISSEYRE

(00:36:16)

Canadian pro triathlete Magali Tisseyre has an incredible resume in 70.3 racing to date including 17 x Ironman 70.3 wins and 2 x 70.3 Worlds Podiums. She's now switched her focus to the iron distance and this year raced into 3<sup>rd</sup> at Ironman Argentina. Mags is now determined to get to Kona.



### ONE STEP AHEAD:

(01:12:05)

Mineral supplementation for improved performance in the female athlete.

### LINKS:

Mount Festival of Multisport AquaBike race at <http://mountfestival.kiwi/events/aquabike/>  
More about Magali Tisseyre at <http://mightymagsracing.com/index.html> and on Facebook at <https://www.facebook.com/mightymagali/>

Training Peaks article on Running Cadence at

<https://my.socialtoaster.com/st/authorize/9TL5YtBsjR/?stc=IBH>

Link to study in One Step Ahead at

<https://jissn.biomedcentral.com/articles/10.1186/s12970-017-0199-2>

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