

Editorials: Dr Simon M Sostaric

Simon Sostaric

“What’s on your recovery menu?” (Part 3)
Australian Triathlete Magazine (September 2017)

Simon Sostaric

“What’s on your recovery menu?” (Part 2)
Australian Triathlete Magazine (August 2017)

Simon Sostaric

“What’s on your recovery menu?” (Part 1)
Australian Triathlete Magazine (July 2017)

Simon Sostaric

“Listen to your muscles when they talk to you!”
Australian Triathlete Magazine (June 2017)

Simon Sostaric

“Doing more for less”
Australian Triathlete Magazine (May 2017)

Simon Sostaric

“Putting fatigue & overtraining challenges into perspective”.
Australian Triathlete Magazine (April 2017)

Simon Sostaric

“Taking charge of your training workload and recovery balancing act.”
Australian Triathlete Magazine (March 2017)

Simon Sostaric

“New to running? – Beginners guide to getting started.”
“Stop press! Use less energy to run faster!”
“Training vs recovery – getting the balance right.”
“Understanding running fatigue.”
“Running to improve your health.”
“Getting to the start line fit and healthy.”
Blackmores Sydney Running Festival - Sport Science Series (May-September 2016)

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“Type 2 Diabetes Mellitus: Evolution of physical activity guidelines”
Advance: Progressive Primary Health Ltd. (April 2010)