

**Editorials: Dr Simon M Sostaric**

**Simon Sostaric**

“Under the microscope: supplements and performance”  
*Australian Triathlete Magazine* (July 2018)

**Simon Sostaric**

“Monitoring training loads (Part 2) - perspectives on illness risk”  
*Australian Triathlete Magazine* (June 2018)

**Simon Sostaric**

“Monitoring training loads (Part 1) - perspectives on injury risk”  
*Australian Triathlete Magazine* (May 2018)

**Simon Sostaric**

“Temperature rising.”  
*Australian Triathlete Magazine* (April 2018)

**Simon Sostaric**

“Making sense of athletes ageing gracefully”  
*Australian Triathlete Magazine* (March 2018)

**Simon Sostaric**

“Sink or swim?”  
*Australian Triathlete Magazine* (January 2018)

**Simon Sostaric**

“Power in numbers: the microbiome and its role in health and athlete performance”  
*Australian Triathlete Magazine* (December 2017)

**Simon Sostaric**

“Making sense of nanotechnology & training biometrics”  
*Australian Triathlete Magazine* (October 2017)

**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)

**Simon Sostaric**

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