

APRIL  
14  
2014

## FITTER RADIO: EPISODE 002

### 1. WORKOUT OF THE WEEK

Muscular Strength Training for the bike, are you doing it right?!

Here's a workout session for you to try plus the protocols on how to perform it effectively:

[Muscular Strength On The Bike](#)



### 2. HOT PROPERTY INTERVIEW

Our interview this week is with the inspirational multiple Iron distance champion **Gina Crawford**

Read more about Gina at [www.ginacrawford.com](http://www.ginacrawford.com)



### 3. ONE STEP AHEAD:

Eating the LCHF way. Low Carbohydrate High Fat Diets. What are they all about?

### 4. LINKS:

Tim Noakes' Books: *Lore of Running*

*Challenging Beliefs: Memoirs of a Career*

Tim Noakes on carbohydrates: <http://m.youtube.com/watch?v=Bsx72V4lpJY>

Tim Noakes Challenging Beliefs:

<http://www.youtube.com/watch?v=4lzs5wpLkeA&app=desktop>

<http://www.myfitnesspal.com/mobile/iphone>

<http://www.mynetdiary.com/>

<http://nutritiondata.self.com/>

<http://easydietdiary.com/>

LISTEN HERE