

APRIL
28
2014

FITTER RADIO EPISODE 004:

1: Q & A

Health risks and a high protein diet
The role of rotation in open water swimming

2. ONE STEP AHEAD

Mikki tells us about iron and its importance to an athlete's diet.

3. HOT PROPERTY INTERVIEW

This week we interview 5 x World Champion Triathlete Terenzo Bozzone!



<https://www.facebook.com/terenzobozzone>

<https://twitter.com/terenzo1>

4. WORKOUT OF THE WEEK

Bev discusses a High Intensity Run Workout aimed at stimulating the 'potassium pump' in the body. Listen to what it's all about and try it for yourself:

WORKOUT PROTOCOL:

This session will help improve power and stride length.

Warm up with 10-15 mins easy jogging including

- 3-4 x 20 sec stride outs
- 2 x 20 single leg hops (each leg)

Start at the base of a moderate grade hill (5-8%)

Perform 6-10 x 30 sec 95-100% uphill sprints. Walk back down and jog very easily for 3-4 mins between each rep so that you're totally recovered before starting the next one. Include into your run program once or even twice a week

Start with 6 reps and build to 12 reps over a 4-6 week period.

Maintain best running form. Easy jog to finish

5. CONTACT US:

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Mikki Williden can be found at <https://www.facebook.com/mikkiwillidennutrition>

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