

MAY
05
2014

FITTER RADIO EPISODE 005:

1. WORKOUT OF THE WEEK

The 'Russian Pyramid'. A skills based session that will also give you a short intense power workout on the bike.

Click here for the <<[The Russian Pyramid Workout](#)>>

2. Q & A

Our questions this week are about LCHF and the Ketogenic Diet

GEL RECIPE:

1/4 each serve: - 112 calories)

2T peanut butter

2T rice malt brown syrup

2T coconut butter (i.e. the blended desiccated coconut) - otherwise 6T desiccated coconut)

1T cacao powder

1T honey

Pinch salt

Hot water to dissolve it all

Thanks to our friends Darren & Rebecca – Orienteers Extraordinaire!

3. HOT PROPERTY INTERVIEW

This week we interview Tom Davison. Tom has been recently selected to the NZ Commonwealth Games triathlon team and delivered a stellar performance on the bike at Auckland ITU putting Ryan Sissons into a position to gain his Commonwealth Games selection.



4. ONE STEP AHEAD

The 'Sweet Spot'. What is it? How to determine where yours is and some suggested workouts.

Click here for <<[Sweet spot protocols and suggested workouts](#)>>

5. LINKS:

Peter Attia at <http://eatingacademy.com>

Paul Jaminet on thyroid and low carb at <http://perfecthealthdiet.com/2011/08/low-carb-high-fat-diets-and-the-thyroid/>

Blood ketone monitoring meter at <http://www.medica.co.nz/diabetes-care/blood-ketone-monitoring/optium-xceed-meter.html>
http://www.slowtwitch.com/Lifestyle/Hair_Improves_Performance_4255.html

6. CONTACT US:

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