

MAY
12
2014

FITTER RADIO EPISODE 006:

1. WORKOUT OF THE WEEK

Bev discusses a recently released app that helps illustrate the difference between effective open water and pool based freestyle technique.

2. ONE STEP AHEAD

Vitamin D and its importance both in sport and to our health in general

3. Q & A

Our questions this week:

Speed Work – is it relevant in Ironman training?

The I.T. Band and a link to some great foam roller workouts (see show notes)

Is the Ketogenic diet necessary for an already fat adapted athlete?

4. HOT PROPERTY INTERVIEW

This week we interview Victoria Murray-Orr. Vics is Race Director at Challenge Wanaka and also sits on the Executive Team for Challenge globally.



5. LINKS:

Swim smooth: <https://itunes.apple.com/us/app/mr-smooth/id824204887>

Challenge Wanaka: <http://www.challenge-wanaka.com/>

Foam Roller Workouts: [Foam Roller Workout Videos](#)

6. CONTACT US:

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