

MAY
26
2014

FITTER RADIO EPISODE 008:

1. WORKOUT OF THE WEEK:

In this episode Bev talks about strength training for triathletes...is it really valid?

2. ONE STEP AHEAD

Mikki tells us about antioxidants and their importance to our sport and our health. Also, give Ben Greenfield's yummy "Fat Shake" a try below:

Makes 2 servings:

- 1 can coconut cream
- 1 scoop whey powder (vanilla)
- 2 tbsp cacao powder
- 2 large handfuls kale/spinach
- 1 handful parsley
- 2 tbsp abc (almond brazil cashew) nut butter
- 1 avocado

Whip together (then Mikki mixed in 2 tbsp cacao nibs and 2 tbsp chia seeds...more puddingy like that!)

3. HOT PROPERTY INTERVIEW:

Our interview this week is with Australian triathlete and LCHF advocate Tim Reed – a great athlete renowned as much for his budgie smugglers as he is for his amazing sporting achievements!



5. LINKS:

Tim Reed can be found at <http://timreed.com.au/>

More about Chris Kresser at <http://chriskresser.com/>

The Personal Paleo Code <http://personalpaleocode.com/>

Strength training article: <http://www.active.com/triathlon/articles/periodization-of-strength-training-872467>

Cramp Stop: <https://www.hchformulas.com/>

Ben Greenfield at <http://www.bengreenfieldfitness.com/>

6. CONTACT US:

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