

JUNE
09
2014

FITTER RADIO EPISODE 010:

1. WORKOUT OF THE WEEK

Bev talks about the importance of the kick in freestyle swimming. What's its purpose and do we really need to kick? See below for YouTube footage of some useful drills and links to some of the toys you can use.

2. ONE STEP AHEAD

BCAA's – Branch Chain Amino Acids – Mikki tells us about their usefulness in recovery for endurance exercise and as a fuel for training.

3. Q & A

Our questions from listeners this week are around LCHF and metabolic efficiency.

4. HOT PROPERTY INTERVIEW

In this episode we interview Paul Westwood. Paul works as Physiotherapist to Joel Filliol's Olympic triathlon squad working with such names as Mario Mola, Richard Murray, Kyle Jones and Sarah Groff. Paul gives us an insight into life in the 'fast lane'!



5. LINKS

YouTube swimming drills can be found at:

http://www.swimsmooth.com/core_adv.html

http://www.swimsmooth.com/kick_adv.html

<http://www.youtube.com/playlist?list=PL4E9E0DA838E532FF>

Centre snorkels can be found at:

<http://www.zoggs.co.nz/products/Equipment/Training+Aids/Centre+Snorkel>

Short blade fins can be found at:

<http://www.zoggs.co.nz/products/Equipment/Training+Aids/Short+Blade+Fin>

Read more about BCCA's at:

<http://examine.com/supplements/Branched+Chain+Amino+Acids/>

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