

JUNE  
23  
2014

## FITTER RADIO EPISODE 012:

### WORKOUT OF THE WEEK

Part 2 of a 3 part series in which Bev looks at elite performance and training intensities. Has one particular approach to training been more successful than another? In Part 2 we discuss the two distinct training models – polarised and threshold.

### HOT PROPERTY INTERVIEW

In this episode Mikki interviews the amazing Ben Greenfield. Ben is a fitness, triathlon, and nutrition expert, and has authored multiple books including the NY best seller “Beyond Training”. He is the founder/owner of Human Wellness Solutions, developing cutting edge nutrition and training solutions for athletes. An athlete in his own right Ben competes at Ironman and Half-Ironman World Championships and holds a ranking as one of USAT’s top ranked age group triathletes. He competes in 15-20 triathlons each year, both nationally and internationally.



### LINKS

Jack Daniels (VDOT Training System):

[http://en.wikipedia.org/wiki/Jack\\_Daniels\\_\(coach\)#References](http://en.wikipedia.org/wiki/Jack_Daniels_(coach)#References)

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

Ben Greenfield Article: How to Turn Yourself into a fat burning machine

<http://www.bengreenfieldfitness.com/2014/05/how-much-fat-can-you-burn/>

“Beyond Training” Book: <http://beyondtrainingbook.com/>

### Mikki’s Lemon Cake:

2-3 lemons (depending on size)

5 free range eggs

1 cup almond flour

1 cup cooked pumpkin

1 tsp baking soda

2 tbsp natural sweetener (optional)

Place lemons in sauce pan, cover with water, bring to boil and simmer for an hour. Drain and leave to cool. Preheat oven to 160 degrees. Place whole lemons in food processor and blend until smooth. Add the remaining ingredients and (again) blend until smooth. Pour batter into loaf tin and bake in oven until a knife or skewer comes out clean. Around 35-40 minutes. Makes 12 serves

### 5. CONTACT US

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