

JULY
14
2014

FITTER RADIO EPISODE 015:

WORKOUT OF THE WEEK

The 'long training run'. How long should it be, how fast and when.

THE GEEK-OUT

The first of our new segments in which we talk about the more 'geeky, nerdy and even maybe a little 'dweeby' side of endurance sports! This week Mikki (The Nerd) Williden talks marathon racing and age/gender research. Who paces better, men or women!

THE 5 MINUTE FOCUS

The second of our new segments looks at product, practitioners, software – in fact anything we think you'd like to hear about to make you fitter and faster! This week it's Osteopathy and we talk to Claire Peat Owner/Operator of Rosedale Road Osteopaths.

ONE STEP AHEAD

Fat based gels. There's changes afoot in the sports gel market. Mikki tells us what's out there that's good!

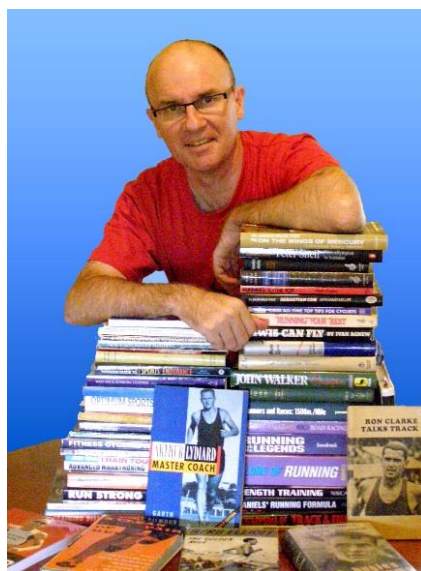
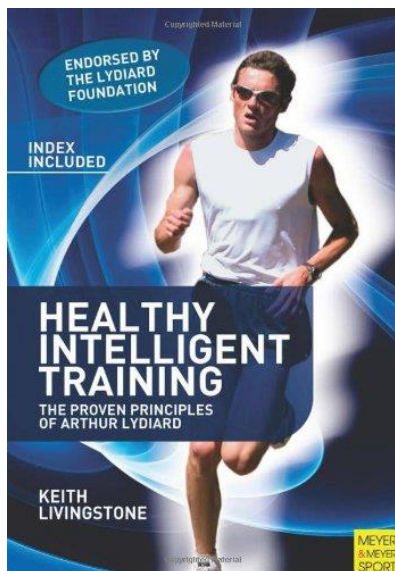
Quick and easy Chia Seed Gel:

Third Cup chia seeds

Third Cup water or Half Cup orange juice

HOT PROPERTY INTERVIEW

Our interview this week is with Keith Livingstone, elite distance runner, chiropractor and author of the highly acclaimed running book 'Healthy Intelligent Training', based on the theories of the legendary New Zealand running coach Arthur Lydiard. Keith is in Auckland running HIT System Seminars on July 18th and 19th. Click here to register for a place <https://wired.ivvy.com/event/HITSYS/>



Like us on Facebook at <http://www.facebook.com/fitter.co.nz> for your chance to win a copy of the book!

LINKS

Claire Peat, Osteopath can be found at

<http://www.osteopathyforeveryone.co.nz/index.html>

Bobby McGee's run/walk protocol <http://bobbymcgee.com/runwalk-in-training-racing-its-a-no-brainer-even-olympians-use-this-methodology/>

Article: Are you overemphasizing the marathon long run – <http://www.icontact-archive.com/SI59-ZYTxF44cznCb9Utp2sQcaa1wtUo?w=4>

Justin's Nut Butter sachets at <http://justins.com/our-products/>

Buy Justin's Nut Butters cheaply online at iHerb.com

<http://www.iherb.com/search?kw=justins+nut+butters&sug=justin%27s+nut+butter&x=14&y=10#p=1>

More about Pocket Fuel at <http://www.pocketfuelnaturals.com/>

Artisana 'squeeze packs' can be found at <http://www.artisanafoods.com/squeeze-packs/>

More about Keith Livingstone at <http://hitsystem.com.au/>

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