

AUGUST
11
2014

FITTER RADIO EPISODE 019:

WORKOUT OF THE WEEK

Bev talks to us about treadmill running, should we or shouldn't we.

ONE STEP AHEAD

Recovery Nutrition. Mikki gives us guidelines on maximising recovery for athletes post training.

Mikki's Breakfast Smoothie

1/4 cup walnuts
1 tsp coconut oil melted
1 tbsp dessicated coconut
1 tsp cacao nibs (optional)
1/2 small avocado
1/2 ripe banana
1/4 cup coconut cream
1/4 cup water/unsweetened almond milk
1 tbsp chia seeds
Juice from 1/2 lemon

Blitz the walnuts, coconut, melted coconut oil and cacao nibs and press in bottom of small bowl/glass. Put the rest of the ingredients in the food processor and combine until smooth. Pour over base. Leave 4 h in fridge or overnight. I top it with yoghurt!

HOT PROPERTY INTERVIEW

This week we're excited to bring you Chris Pilone. Chris is a professional endurance coach working with Craig Alexander's coaching group "Sansego". He coached Triathlon Olympic Gold Medallist Hamish Carter to his Gold Medal in 2004, plus medal winning athletes in both the World Champs and Commonwealth Games. A former National representative at the World Cross Country Champs he has himself won national titles in cross country and road running.



THE GEEK-OUT

Are women closing the gender gap when it comes to ultra-endurance athletes finishing times?

THE 5 MINUTE FOCUS

Bev chats to Embrace Sports Travel, an awesome travel and leisure company run by Kiwi Graeme Buscke and based out of Clapham Junction in the UK. Embrace offer training and challenge holidays throughout Europe for endurance athletes.



Welcome to Embrace Sports.
Running holidays, triathlon
holidays and sports events.

GIVEAWAYS

This week we give away a 1.75K Tub of Balance Ultimate Recovery Stack – Orange Crush Flavour. Let us know your favourite post-workout meal when you see the photo on our Facebook page and you're in with a chance to win!



LINKS

Embrace Sports can be found at <http://www.embracesports.co.uk/>

More about Chris Pilon and Sansego at <http://www.sansego.co/>

Balance products can be found at <http://www.balancesportsnutrition.com/>

Recovery Food ideas at <http://stupideaspaleo.com/2013/08/10/paleo-post-workout-nutrition/>

CONTACT US

Learn more about us at <http://www.fitter.co.nz>

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Mikki Williden can be found at <https://www.facebook.com/mikkiwillidennutrition>

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