

SEPT
15
2014

FITTER RADIO EPISODE 024:

WORKOUT OF THE WEEK

Walk Breaks. Why they should be incorporated into our run training and what the methodology is behind them.

ONE STEP AHEAD

Nitrate supplementation, and more specifically 'Beetroot Juice', and its benefit in enhancing performance for the endurance athlete.

HOT PROPERTY INTERVIEW

This week we bring you an interview with the amazing and inspirational ultra-endurance athlete Rich Roll. Rich's story is a must listen as he tells us about his transformation from a life of alcohol, drug and junk food addiction to the ultra-endurance athlete, full-time wellness & plant based nutrition advocate, author, blogger, podcaster and motivational speaker that he is today!



THE GEEK-OUT

Mikki gives us the latest research on Compression Socks. Check out this week's competition to win either a pair of 2XU Compression Calf Guards worth \$80NZD or 2XU Compression Socks for Recovery worth \$70NZD.

THE 5 MINUTE FOCUS

Bev chats to Cam Harper about a new venture he is involved with called 'dreamfunda'. You may know Cam better as the commentator for Ironman New Zealand and Ironman 70.3 Auckland. Listen to this weeks 5 Minute Focus to learn more about his awesome new project which has been designed and built to help sports teams and athletes of all ages and levels raise funds to compete and follow their dreams.

dreamfunda 

GIVEAWAYS

To win either a pair of 2XU Compression Calf Guards worth \$80NZD or 2XU Compression Socks for Recovery worth \$70NZD all you have to do is go to our Facebook page and post what size you'd like if you win! Competition finishes 12 noon this Friday 19 September.



LINKS

2XU products can be found at <http://www.2xu.co.nz/>

Find out more about Rich Roll here <http://www.richroll.com/>

Get a signed copy of Rich's bestselling book "Finding Ultra"

<http://www.richroll.com/products/finding-ultra-signed/>

Rich's Blog <http://www.richroll.com/blog-2/>

Rich's Podcast <http://www.richroll.com/category/podcast/>

More about the Ultraman World Champs Hawaii here <http://ultramanlive.com/>

More about dreamfunda here <http://www.dreamfunda.com/>

Contact Cam Harper at dreamfunda camharper@dreamfunda.com

Organic beetroot juice <http://www.beet-it.com/>

CONTACT US

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