

SEPT
29
2014

FITTER RADIO EPISODE 026:

WORKOUT OF THE WEEK

Tapering for an event. Bevan talks to us about how to taper effectively for an event in order to enable peak performance.

HOT PROPERTY INTERVIEW

We're allowing Bev to call himself 'Hot Property' this week due to his recent race in Weihai, China where he won Age Group Gold ☺ Mikki interviews Bevan about his race and the planning, execution and nutritional work that went into getting him there.



ONE STEP AHEAD

The “Aftermath” - Bev and Mikki talk to us about what we need to watch out for post-race and recommendations on what and what not to do!

5 MINUTE FOCUS

This week we talk to Brad Dixon of Everfit Coaching & Physiotherapy about his new venture “Endurobeet”. Brad is a sports physiotherapist and triathlon/running coach and more recently has developed a new business out of his interest and research into the awesome benefits of beetroot as a nitrate supplementation.



GIVEAWAYS

This week we have 2 packs of the amazing new ‘Endurobeet’ product to giveaway. Like this post to go in the draw to win. Competition ends 12 noon this Friday!

LINKS

More about Brad Dixon at <http://everfit.co.nz/>

Find out more about Endurobeet here <http://www.endurobeet.co.nz/>

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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