

OCT
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2014

FITTER RADIO EPISODE 027:

WORKOUT OF THE WEEK

Have you, like Mikki, been injured or not done enough training and still want to do that marathon even though you've only got 8 weeks to go? Here's what Bevan suggested Mikki should do to give her a chance of 'toeing the start line' rather than revisiting the osteo!



HOT PROPERTY INTERVIEW/ONE STEP AHEAD

We've combined our HPI and OSA segments this week as we are delighted to be able to bring you a fascinating interview with Cliff Harvey of [Holistic Performance Nutrition](#). Cliff is currently pursuing a Masters Degree and Doctorate in Nutrition investigating ketogenic diets, fat-adaptation and metabolic efficiency in athletes. Cliff has been consulting to elite level athletes including Olympians, World Champions and Professionals since 1998 and in this interview talks to us about 'Metabolic Flexibility' – the body's ability to use a varied number of fuel sources in order to be more metabolically efficient. We talk LCHF, ketosis and using fat for fuel. Cliff will be running a 'must see/listen' Webinar on 'Metabolic Flexibility' on Tuesday 14 October from 6.30pm to 7.30pm. Click here to reserve a place now as it's selling out fast!

<http://app.webinarsonair.com/register/?uuid=8250ad4a8d534040aeb36f055efce63d>



THE GEEK-OUT

Training on low glycogen stores – the latest study showing the positive physical adaptations that ensue.

<http://www.gssiweb.org/Article/sse-134-manipulating-carbohydrate-availability-to-promote-training-adaptation>

5 MINUTE FOCUS

This week we talk to Scott Hollow of XOSIZE Events about his awesome new Triathlon Series starting up in Australia called Tri Formula1. Tri F1 is re-establishing a format that was extremely popular a few years ago featuring short distance, fast and furious triathlon racing with heats and eliminators as part of a series. Distances will vary depending on venue, but will generally consist of 200m swim 10km cycle and 2km run. Racing will also be streamed live from their website at <http://www.trif1.com/live-tv.html>



LISTENER'S QUESTIONS & ANSWERS:

Some great questions from listeners this week around what to eat pre-workout, polarised training, carb intake and the heat chamber, low carb beers and more!

LINKS

More about Cliff and Holistic Performance Nutrition at

<http://www.holisticperformancenutrition.com/>

Book onto Cliff's Webinar here

<http://app.webinarsonair.com/register/?uuid=8250ad4a8d534040aeb36f055efce63d>

Sports Science at <http://www.sportsci.org/>

More about Tri F1 here <http://www.trif1.com/>

CONTACT US

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

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