

OCT
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2014

FITTER RADIO EPISODE 029:

WORKOUT OF THE WEEK

Self-massage. What you can do to help clean up and prep the muscles to aid recovery before your next training session.

ONE STEP AHEAD

Mikki talks to us about whey protein.

THE GEEK-OUT

Mirinda Carfrae ran a 2:50 marathon at Kona this year. Do the physiological differences between men and women mean that women will eventually go faster than men at ultra-distance events?

HOT PROPERTY INTERVIEW

This week we bring you an interview with Kiwi Professional Triathlete and video host Callum Millward. Callum has been a frequent podium topper on the Ironman 70.3 scene starting his career in ITU racing before switching to long course in 2012. This year he's racked up multiple respectable finishes: fourth at Ironman 70.3 Boulder, third at Ironman 70.3 Raleigh and Ironman 70.3 Vineman, and second at Wildflower. He's now planning to go long with Ironman Melbourne on the race calendar in March 2015. Callum also hosts a popular YouTube series called 'Cupcakes with Cal' in which he interviews and pokes fun at other pro triathletes... whilst eating cupcakes.



5 MINUTE FOCUS

This week we talk to Cliff Harvey of Holistic Performance Nutrition about 'Generation Ucan' – a healthy, natural, gluten-free innovation in carbohydrate nutrition. Generation Ucan (or SuperStarch) is a complex carbohydrate (derived from non-GMO corn) that uniquely stabilizes blood sugar and causes virtually no reaction from the fat-storage hormone insulin - a revolutionary fuel being used for energy, sports, and fitness.



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fuelling metabolic efficiency

GIVEAWAYS

In this episode we are giving away a 750g Tub of Balance 100% Natural Whey Powder. See Facebook for details!



LINKS

More about Generation Ucan here <http://eusomos.com/>

More about Cliff Harvey at <http://www.holisticperformancenutrition.com/>

Read about Callum Millward here <http://www.callummillward.com/>

Listen to 'Cupcakes with Cal' at <http://www.youtube.com/user/callummillward>

More about Mirinda Carfrae here <http://mirindacarfrae.com/>

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

CONTACT US

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

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