

NOV  
03  
2014

## FITTER RADIO EPISODE 031:

### WORKOUT OF THE WEEK

Metabolic Efficiency Testing - measuring your metabolic rate to determine the composition of fuels (fat versus carbohydrate) you're burning as exercise intensity increases. Determining your metabolic profile will go a long way to improving your chances of race day success.

### ONE STEP AHEAD

Vegan athletes – what they could be missing out on and how best to approach it.

### THE GEEK-OUT

The latest on caffeine and its effect on sprint performance

### HOT PROPERTY INTERVIEW

This week we bring you the amazing, the legendary the inspirational Chris “MACCA” McCormack!! 2 times Ironman World Champion, 7 times World Cup Champion, 12 times Ironman Champion, ITU short-course World Champion, ITU long-course World Champion and Goodwill Games Gold Medalist. Chris gives us a great insight into what's happening in the world of triathlon and his views on what it means now to be a pro athlete. We also hear about his role as Executive Chairman for Thanyapura Phuket training venue and “Macca X” Online Triathlon Coaching.



### 5 MINUTE FOCUS

We bring back Cliff Harvey of Holistic Performance Nutrition to talk about Clean Lean Protein. Clean Lean Protein is a high quality golden pea protein isolate. Cliff tells us about the advantages of a pea protein over standard dairy protein and who it would best suit.



## **LINKS**

Email the Endurance Performance Clinic at AUT Millennium if you'd like to know more about Metabolic Efficiency Testing [EPC@autmillennium.org.nz](mailto:EPC@autmillennium.org.nz)

Follow Macca at <https://www.facebook.com/MaccaLive>

Macca X Online Triathlon Coaching at <http://www.maccax.com>

More about Thanyapura - A 23-hectare sports, health and educational complex on the island of Phuket in Thailand <http://www.thanyapura.com/>

Challenge Family at <http://www.challenge-family.com/>

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

Clean Lean Protein can be found at <http://www.nuzest.co.nz/> and <http://www.vitalhealthnz.com/>

## **CONTACT US**

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

Like us on Facebook at <http://www.facebook.com/fitter.co.nz> for the latest news and information

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

[LISTEN HERE](#)