

NOV
10
2014

FITTER RADIO EPISODE 032:

WORKOUT OF THE WEEK

Pacing for an event – determining pacing for different length events.

ONE STEP AHEAD

Top 10 Paleo Breakfasts:

Banana pancakes: 2 eggs, 1 banana, 1 tbsp LSA, 2 tspn nut butter

Smoothie: Banana, coconut milk, unsweetened almond milk, greens, pop in protein powder or team with hard boiled eggs

Breakfast salad: 1-2 eggs, smoked salmon, spinach, tomato, cucumber OR broccoli, sliced courgette, avocado

Juice: Beetroot, carrot, ginger, lemon, cucumber, ½ avocado (+protein source)

Chia pudding: Coconut cream/Greek yoghurt, 2 tbsp chia seeds, pumpkin puree, chopped nuts

Cottage cheese bowl: 100-200g cottage cheese, chopped apple, 1 tbsp nut butter

Sweet omelette: 1/3 cup desiccated coconut, small grated apple, 3 eggs

Pan fried bacon & mushrooms in butter, add a splash of cream, chuck in some handfuls of spinach

3 eggs, chopped with chopped tomato/cucumber drizzled in olive oil & seasoned

Steamed kumara blended with coconut milk & vanilla, mixed with protein powder

THE GEEK-OUT

Swim pacing - how swim intensity affects your subsequent biking and overall triathlon performance

HOT PROPERTY INTERVIEW

This week we are delighted to be able to bring you an interview with Kiwi Triathlete Ryan Sissons. Ryan is currently the #1 ranked Triathlete in New Zealand and has just recently been named again in our High Performance squad. We talk to Ryan about what his plans are post the Commonwealth Games and his strategy around Rio and the Olympic Games in 2016.



5 MINUTE FOCUS

We talk to John Paul Ashton about the 'Triathlon Box' – a great new initiative from the UK for getting your kit organised in transition and reducing the stress on race day.



COMPETITION TIME!

WIN A FREE ENTRY TO TAUPO HALF IRONMAN - SATURDAY 13 DECEMBER 2014. To enter name the registered nutritionist who gives advice on the Taupo Half Ironman race website page plus tell us the 2 Balance products she refers to. Like Fitter's Facebook page and email us your answers to info@fitter.co.nz. Good luck! 😊

LINKS

VDOT Calendar <http://www.runbayou.com/jackd.htm>

Follow Ryan at <https://twitter.com/ryansissons>

More About Ryan Sissons at <http://ryansissons.co.nz/>

The Triathlon Box at <http://www.triathlonbox.co.uk/>

Balance Nutrition at <http://www.balancesportsnutrition.com/>

Taupo Half Ironman <http://www.halfironmantaupo.co.nz/>

CONTACT US

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