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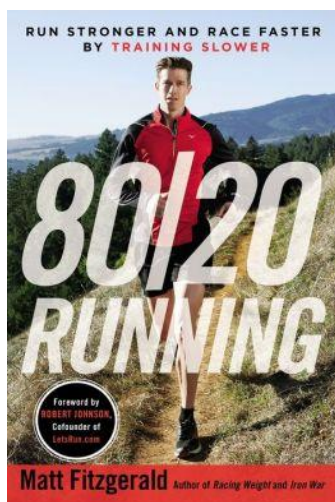
FITTER RADIO EPISODE 033:

ONE STEP AHEAD

The Green Powders.

WORKOUT OF THE WEEK

We combine our 5 Minute Focus and Workout of the Week sections to bring you a fascinating interview with Matt Fitzgerald – writer/athlete/coach. Matt is a prolific endurance author and frequent contributor to Ironman and Training Peaks. He talks to us about his most recent book '80/20 Running' in which he reviews the concept of polarised training principles and the case for 'slowing down to get faster'. Matt shows runners how to break out of the moderate-intensity rut.



THE GEEK-OUT

We find out why triathletes are so tough!

HOT PROPERTY INTERVIEW – TIM VAN BERKEL

Tim is the youngest three-time Ironman champion in the 33-year history of Ironman racing. He is one of Australia's most recognised professional Triathletes and most recently pulled off a stellar performance in Kona coming 7th in his debut appearance there. Tim talks about his race, what changes he made to his training to prepare for Kona and his plans for 2015.



GIVEAWAYS

We are excited this week to be able to giveaway a SIGNED COPY OF MATT FITZGERALD'S NEW BOOK '80/20 RUNNING'!! See Facebook for details on how to enter.

LINKS

Good Green Stuff at <http://www.nuzest.co.nz/good-green-stuff>

More about Matt Fitzgerald at <http://www.mattfitzgerald.org/>

Buy Matt's Book 80/20 Running at <http://www.barnesandnoble.com/w/80-20-running-matt-fitzgerald/1118663024?ean=9780451470881> or from Amazon at

<http://www.amazon.com/80-20-Running-Stronger-Training-ebook/dp/B00IIVFAEY>

Follow Tim on twitter at <https://twitter.com/timberkel>

More about Tim Berkel at <http://timberkel.com/>

CONTACT US

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