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FITTER RADIO EPISODE 034:

ONE STEP AHEAD

Important supplements for the low carb athlete. Plus a supplement prescription for long and/or hard endurance sessions.

WORKOUT OF THE WEEK

The standing desk. Research has proven that a seated position is not conducive to physical or mental good health – it can also affect our training. Long periods of sitting act as an independent risk factor which not even 20 hours of weekly exercise will offset.

HOT PROPERTY INTERVIEW – JAMES DUNNE

James Dunne of [Kinetic Revolution](#) is a Movement and Running Mechanics Specialist. Describing himself as a running coach, movement geek and sports rehab therapist he has a particular passion for identifying and correcting dysfunctional movement patterns that cause overuse injuries or impair efficiency in endurance athletes. James holds a Degree in Sport Rehabilitation and has a special interest in the Functional Biomechanics of Running.



THE GEEK-OUT

Mid foot cleat positions for cycling shoes – research shows that this change in cleat position can improve running times off the bike.

5 MINUTE FOCUS

We talk to Robert Durham of 'Revbox'. A New Zealand designed bicycle ergometer which provides athletes with a high performance training tool that has an unlimited resistance range in a compact transportable layout. It allows extremely high power output training, from very low to very high cadences, suitable for even the most powerful elite athletes.



LINKS

Low Carb Supplements courtesy of Ben Greenfield Fitness at

<http://www.bengreenfieldfitness.com/2012/08/low-carb-diet-supplements/>

Prof Grants blog 'The Standing Desk Revolution' <http://profgrant.com/2014/11/11/the-standing-desk-revolution/>

More about James Dunne and Kinetic Revolution at <http://www.kinetic-revolution.com>

Jo Friel's Blog on midsole cleats at <http://www.joefrielsblog.com/2014/11/midsole-cleats-and-pedals.html>

The Revbox at <http://www.revbox.co.nz/>

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