

## FITTER RADIO EPISODE 035:

### ONE STEP AHEAD

Bulletproof coffee – what you need to watch out for and its place in an LCHF diet.

Traditional Bulletproof® Coffee Recipe:

#### Ingredients:

2 cups of hot coffee

1 to 2 tbsps. of medium-chain triglyceride (MCT) oil or coconut oil

2 tbsps. of unsalted butter

Preparation: Brew the coffee. Combine the oil, butter and coffee in a blender and liquefy until a thick layer of foam forms on top.

### WORKOUT OF THE WEEK

Energy Psychology (or Tapping) for sports performance, pre-race nerves and performance anxiety.

### HOT PROPERTY INTERVIEW – CAMERON BROWN

At 42 years old Cam Brown is still going strong. In June this year he made Ironman history by becoming the oldest winner of a full Ironman winning Cairns in a time of 8 hours 20 minutes. He is a 10 x Champion at both the full Ironman in Taupo and the half at the Mount having been on the podium a number of times at the World Champs in Kona and is considered one of the most consistent Ironman performers of all time. We hear about what he believes to be the 'secret to his success' his penchant for the odd Coca-Cola and the truth about how long he did that 'other' job for.



### 5 MINUTE FOCUS/THE GEEK OUT

We combine these 2 segments this week to bring you a fascinating interview with David Bowden of SPEEDTHEORY. Based in Cambridge, New Zealand, Dave is a guru in all things aerodynamics. With years of experience in researching and writing articles on the subject he gives us some fascinating information around a triathlete's choice of tubulars versus clinchers, wheels, discs, helmets, bike fit, body position and more. A must listen for any triathlete looking to make those 'marginal gains'.



## GIVEAWAY COMPETITION

**\*\*WIN AN INDIVIDUAL ENTRY TO IRONMAN 70.3 AUCKLAND!!\*\***

Date of Event: 18 January 2015. Listen to this week's podcast to find out how to enter and email your answer to us at [info@fitter.co.nz](mailto:info@fitter.co.nz)



## LINKS

Connect with Cam Brown on Twitter at <https://twitter.com/chuckibrown> and Facebook at <https://www.facebook.com/pages/Cameron-Brown-Ironman-Triathlete/245827695467763>  
More about David Bowden and SPEEDTHEORY at <http://speedtheory.co.nz/>  
More information on the Ironman Auckland 70.3 Race at <http://ap.ironman.com/triathlon/events/asiapac/ironman-70.3/auckland.aspx#axzz3KUjDgQzB>  
Dave Asprey and his Bulletproof® coffee at <https://www.bulletproofexec.com/>  
The Tapping Solution <http://www.thetappingsolution.com/>  
Tapping Wisdom pdf and eBook from [www.eftdownunder.com](http://www.eftdownunder.com)

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