

DEC
22
2014

FITTER RADIO EPISODE 038:

WORKOUT OF THE WEEK

Swimming toys: The use of pull buoys - how much should we be using them and should we kick. The advantages of swim training in a pool wearing your wet suit and what we should be looking for in a wet suit. Paddles and what to be aware of.

ONE STEP AHEAD

Mikki describes some LCHF starter kit ideas for Christmas presents.

HOT PROPERTY INTERVIEW – BRITTA MARTIN

Britta is a German born triathlete who now lives in Nelson, NZ. She has had a fantastic 2014 winning 3 iron distance races in Wisconsin, Taiwan and Busselton, WA where she broke the course record with an amazing 8:56:03 – the second time that Britta has won this race. Bevan talks to Britta about her career to date and her plans for the future.



THE GEEK OUT

A new study investigating the effects of sodium bicarbonate supplementation on performance during a prolonged “high intensity cycling to exhaustion effort” in well trained athletes.

5 MINUTE FOCUS

We talk to AJ Johnson, Content Manager and Power Analyst for Training Peaks. Bevan chats to AJ about their recent acquisition of another power training website called ‘Best Bike Split’.



QUESTIONS & ANSWERS

Our question this week is around LCHF – training low, racing high and dealing with GI problems.

LINKS

More about Britta Martin at <http://brittamartin.com/> and on Facebook at <https://www.facebook.com/BrittaTriathlon>

Read more about Training Peak's acquisition of Best Bike Split here

<http://home.trainingpeaks.com/blog/article/trainingpeaks-acquires-best-bike-split>

Best Bike Split at <https://www.bestbikesplit.com/>

Metabolic Efficiency Training by Bob Seebahor: http://www.amazon.com/Metabolic-Efficiency-Training-Teaching-Body/dp/0984275908/ref=asap_B00287PB6Q?ie=UTF8

Beyond Training: Ben Greenfield: <http://www.amazon.com/Beyond-Training-Mastering-Endurance-Health/dp/1628600128>

The Art and Science of Low Carbohydrate Performance by Stephen Phinney and Jeff Volek

<http://www.amazon.com/The-Art-Science-Carbohydrate-Performance/dp/0983490716>

Why We Get Fat by Gary Taubes: http://www.amazon.com/Why-We-Get-Fat-About-ebook/dp/B003WUYOQ6/ref=sr_1_1?s=books&ie=UTF8&qid=1418801414&sr=1-1&keywords=why+we+get+fat

Real Meal Revolution: Tim Noakes: http://www.kalahari.com/Books/The-Real-Meal-Revolution-Tim-Noakes_p_47824635

Family Food by Pete Evans: <https://www.mightyape.co.nz/product/Family-Food-Delicious-Paleo-Recipes-for-Every-Day/22646268>

Well Fed by Melissa Jouwellen <http://theclothesmakethegirl.com/cookbooks/>

Refillable pouches for homemade gels: http://www.amazon.com/humangear-GoToob-Ounce-Travel-Bottle/dp/B001WWWAA8/ref=sr_1_5?s=sporting-goods&ie=UTF8&qid=1418801108&sr=1-5&keywords=gel+flask

Make bliss balls without a lot of dried fruit:

<http://lchfinaustralia.blogspot.co.nz/2013/07/date-free-bliss-balls.html>

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](#)