

FEB
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FITTER RADIO EPISODE 045:

ONE STEP AHEAD

LCHF tips for athletes leading into their race. (A change from the planned protein in sports drinks!)

HOT PROPERTY INTERVIEW – MEREDITH KESSLER

Last year Meredith was awarded the 'Tenacity Award' in Triathlete Magazine's Best of 2014 Awards and voted one of The Magnificent 7 – Top 7 Performances of 2014 by the 'firstoffthebike.com' team. She has completed a breath-taking 53 Ironmans and in the last few years has become the consistent winner at IMNZ. We are delighted to be able to bring you an interview with this amazing athlete.



WORKOUT OF THE WEEK

High Intensity Interval Training – achieve significant fitness gains in a short time frame without feeling physically or mentally exhausted.

5 MINUTE FOCUS

A new GPS tracking system for following professional athletes during the IM major races.

THE GEEK OUT

Concurrent training. Mixing resistance training with endurance training, does it work?

LINKS

More about Meredith Kessler at <http://www.meredithkessler.com/>

Follow Meredith on Twitter at <http://www.twitter.com/mbkessler> and Facebook at <https://www.facebook.com/mbkessler55>

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

Dr Nigel Harris's review of HIIT at <http://www.reps.org.nz/2014/10/>

The link to a review on where we stand on low carb diets for health and performance <http://www.reps.org.nz/2015/01/low-carbohydrate-diets/#more-33726>

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