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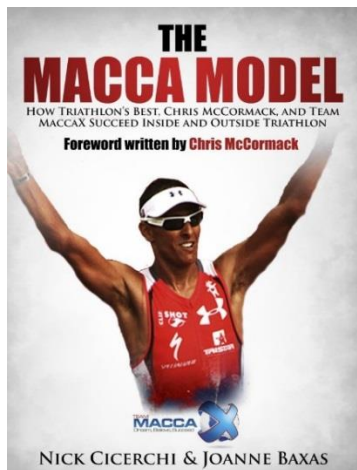
## FITTER RADIO EPISODE 057:

### ONE STEP AHEAD

Carb cravings and some supplements you can take to curb the craving.

### 5 MINUTE FOCUS

This week we talk to Joanne 'JoJo the Stalker' Baxas (Editor in Chief for MaccaX) and Nick Cicerchi (Author) about their new book 'The Macca Model'. Both Jo and Nick are part of the MaccaX Team and worked in collaboration on this new venture looking at what makes Macca and the MaccaX family so successful.



### WORKOUT OF THE WEEK

Testing your fitness before race day.

### HOT PROPERTY INTERVIEW – CAMERON DYE

Cameron Dye is one of the most prominent non-drafting Olympic Distance athletes in the States. He turned pro in 2007 after four years as an NCAA swimmer at the University of Iowa and made a big splash in 2010 with a win at St. Anthony's, Florida beating both Greg Bennett and Craig Alexander. Since then he has steadily improved and last year won the 2014 Life Time Tri Series for the 3<sup>rd</sup> consecutive year, and more recently winning again at St Anthony's in a time of 1:47:59, almost 40 seconds ahead of second place. Bev talks to Cam about his career to date, his upcoming race at Challenge Knoxville, his plans for the future and his thoughts about 'going long'.



## THE GEEK OUT

Using ultrasound to determine muscle glycogen depletion in athletes.

## LINKS

Dave Bowden's bike fit services at Speed Theory <http://speedtheory.co.nz/>

Read Jo's Tri Stalk Blog here <http://jostristalk.com/>

More about MaccaX at <https://www.maccax.com>

The Macca Now Foundation at <https://www.maccax.com/philanthropy/>

Buy the book here <http://www.amazon.com/The-Macca-Model-Triathlons-McCormack-ebook/dp/B00UUBN9NE>

More about Cameron Dye at <http://camerondye.com/>

Follow Cam on Facebook at <https://www.facebook.com/camdyetri> and on Twitter at <https://twitter.com/camdyetri>

Challenge Knoxville at <http://challenge-familyusa.com/challenge-knoxville/>

St Anthony's Triathlon, Florida at <http://www.satriathlon.com/>

## CONTACT US

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