

JUN
29
2015

FITTER RADIO EPISODE 065:

ONE STEP AHEAD

Circadian rhythms and meal/nutrient timing.

WORKOUT OF THE WEEK

Swimming's a drag! Improving and reducing drag in the water.

HOT PROPERTY INTERVIEW – JAMES CUNNAMA

James Cunnama, South African Pro Triathlete, moved to long distance triathlon from a running background after volunteering to work at an IM race in Port Elizabeth. He got hooked and from that point on decided to move into long distance triathlon. In the last 8 or so years James has achieved multiple 1st places and podium finishes across both 70.3 and full iron distances with his biggest successes being 1st in Roth in 2012 in a spectacular time of 7.59.59 and his 4th place in Kona in 2013. He has recently joined the ranks of the Bahrain Endurance 13 team and last month won the Ironman 70.3 in Vietnam. James tells us about his time as a runner with 'The Pukers', his award winning single arm pull-up workouts and his time with Brett Sutton and Team TBB before moving to his current coach Australian Chris McCormack.



5 MINUTE FOCUS

Real Food Nutrition. Subscription based nutrition for the LCHF real food triathlete.



THE GEEK OUT

Train low race high.

LINKS

More about James Cunnama at <http://www.jamescunnama.net/>

Follow James on Facebook at <https://www.facebook.com/jamescunnamaPRO> and on

Twitter at <https://twitter.com/jamescunnama>

Alberto Open Letter Part 1 at [Oregon Project - Alberto Open Letter Part 1](#)
View 'Catch Me If You Can' at <https://www.youtube.com/watch?v=a61rS4jN3As>
The bike bag packing competition from <http://sciconbags.com/en/>
Links for 'swimming's a drag' <http://www.feelforthewater.com/2015/05/run-experiment-on-your-swimming-do-you.html>
<http://effortlesswimming.com/freestyle/how-to-achieve-a-high-elbow-position-in-freestyle/>
Visit Mikki's website at <http://mikkiwilliden.com/>

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