

JUL  
13  
2015

## FITTER RADIO EPISODE 067:

### ONE STEP AHEAD

Intermittent fasting.

### WORKOUT OF THE WEEK

We talk to Brenton Ford from Effortless Swimming about what constitutes good open water swimming and how to transition from the pool to the open water.

### HOT PROPERTY INTERVIEW – SIRI LINDLEY

Known for her devastating run splits, two-time Triathlon World Champion Siri Lindley dominated the International Triathlon Union (ITU) World Rankings, winning 13 World Cup races between 2000 and 2002 and becoming the 2001 ITU World Champion. Siri won the World Cup Series both years by being the #1 ranked triathlete in the world.



In 2003 Siri began coaching. Her experience and talents in the sport have shone through with tremendous results at all distances and with both elite and age group level competitors. In 2014 Siri married the love of her life, Rebekah Keat. They live in Boulder, Colorado. Bevan talks to Siri about the people, animals and things that have inspired her, her thoughts on where triathlon is now, her relationship with Rebekah and how it feels to be the older woman!

### 5 MINUTE FOCUS

We talk to Brenton Ford of Effortless Swimming about their recently launched “Art of Triathlon Swimming” resource. A step by step program for swimming fast, efficient freestyle for beginner to intermediate level triathletes.

<http://effortlessswimming.com/artoftriathlonswimming/>



## **THE GEEK OUT**

Why some people get fitter faster than others.

## **LINKS**

More about Siri Lindley and Team Sirius at <http://siri-lindley.com/>

Follow Siri on Facebook at <https://www.facebook.com/siri.lindley.3> and on Twitter at <https://twitter.com/SELTS>

More about Effortless Swimming at

<http://effortlessswimming.com/artoftriathlonswimming/>

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