

AUG
24
2015

FITTER RADIO EPISODE 073:

ONE STEP AHEAD

10 substitutes for bread.

WORKOUT OF THE WEEK

High intensity cycling to improve your running.

HOT PROPERTY INTERVIEW – KATE BEVILAQUA AND GUY CRAWFORD

Kate, Australian pro triathlete and 3 x Ironman Champion, most recently had a stunning result at Ultraman Canada being the first woman ever to win the race overall. Kate beat everybody in the field, including all the men, in a time of 24hrs 16mins 27 secs. Guy Crawford is from Auckland and also a pro triathlete. He has recorded numerous podium finishes on the 70.3 circuit. They got together at Luke McKenzie's post wedding celebrations in Las Vegas (with a tiny bit of help from Kelly Bozzone). We talk to Kate and Guy about their great partnership, Kate's amazing win in Canada and why Guy will NEVER do an Ultraman!



THE BOGAN IN BOULDER

Our 'on the spot' roving reporter Carl Read (aka The Flying Mullet) will be giving us a weekly insight into life in Boulder. After a week there we find out what his first impressions are and how he's coping with the altitude.

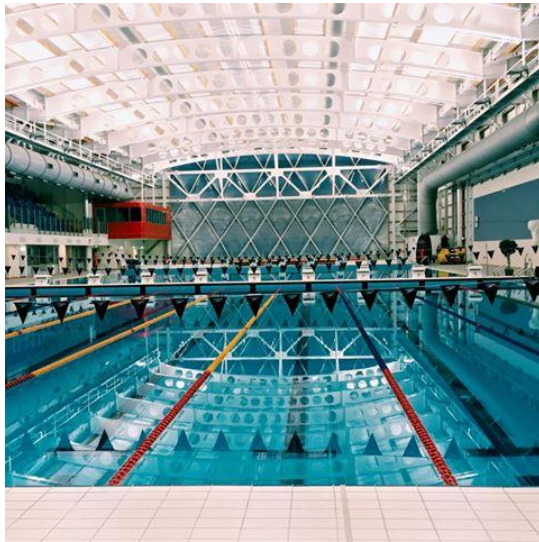


THE GEEK OUT

Emma Mackie, Physiotherapist and Triathlete, presents a condensed version of her latest research into the use of cold and heat application for the management of an acute soft tissue injury.

NEW SWIM SQUADS - AUT MILLENNIUM, AUCKLAND

Commencing Monday 21 September 2015... Fitter Swimming are launching new coached squads ideal for those athletes preparing for triathlon, open water and general fitness swimming. Situated at AUT Millennium in both the brand new National Aquatic Centre and the existing Millennium pool, our squads offer a unique opportunity to train year round in a 50 METRE POOL at a world class facility. More about our new squads here <<>>



MIKKI'S RECIPES

Cauliflower Tortillas

1 cup cauliflower rice
1 egg
1 tbsp tapioca
1/4 tsp garlic powder
Himalayan salt
Cracked pepper
1 tsp coconut oil

Instructions:

Whisk egg and tapioca flour together and add remaining ingredients except coconut oil. Heat coconut oil on medium heat in a pan until melted and add 1/2 cup mixture, flattening over a small frypan as you would a crepe. Cook on one side until bubbles form on top and then use spatula to loosen and flip over. Cook another 3-4 minutes and set aside. Repeat.

Pizza Base

1 tbsp chia seeds
3 tbsp hot water
2 cups cooked pumpkin
1 tbsp tapioca/arrowroot flour
1 tbsp dried herbs (I used thyme)
1/2 tsp garlic powder
2 tbsp coconut oil, melted

Instructions:

Preheat oven to 200 degrees. Line a baking tray with baking paper and coat with coconut oil. Put the chia seeds and hot water into a small cup and leave for a couple of minutes for seeds

to swell into a paste. Put this mixture and all other ingredients into a food processor or mixing bowl and blend. Put out onto baking tray and smooth over so it is a square shape and around 5cm thick. Bake in oven for 25 or so minutes until cooked through. Remove from oven, top with another piece of baking paper and flip, removing the original piece of baking paper. Top with toppings of preference and put back in to bake until toppings are cooked.

LINKS

Find out more about Kate Bevilaqua at <http://www.katebevilaqua.com/>

Follow Kate on Facebook at <https://www.facebook.com/kate.bevilaqua> and on Twitter at <https://twitter.com/katebevilaqua>

Find out more about Guy Crawford at <http://www.guycrawford.us/profile.php>

Follow Guy on Facebook at <https://www.facebook.com/guy.crawford.9889> and on Twitter at <https://twitter.com/blue70guy>

Workout of the week <http://www.examiner.com/article/want-to-run-faster-new-study-says-you-should-jump-on-the-bicycle>

More about Ultraman Canada here <http://ultra520kcanada.com/>

More about f.lux at <https://justgetflux.com/>

10 Healthy ways to replace conventional wheat bread at <http://authoritynutrition.com/10-ways-to-replace-bread/>

More about AUT Millennium at <http://www.autmillennium.org.nz/about-us>

More about Fitter Swimming at <http://www.fitter.co.nz/fitter-swimming.htm>

More about Carl Read at <http://www.carlread.com/>

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](#)