

AUG  
31  
2015

## FITTER RADIO EPISODE 074:

### ONE STEP AHEAD

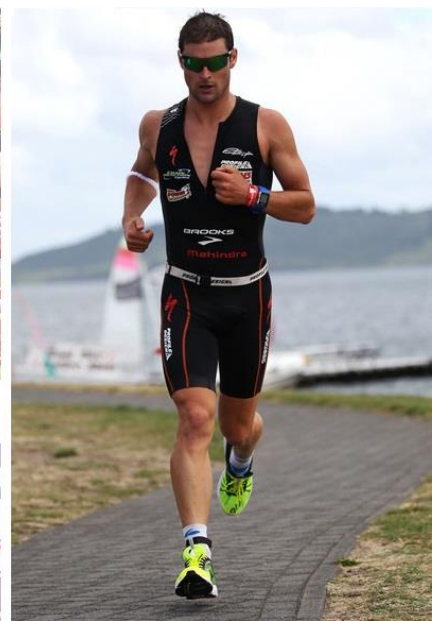
Low carb versus low fat - which one is better for weight loss.

### WORKOUT OF THE WEEK

Base training. What it means and how/why to implement it into your programme. We also hear what Cam Brown and Dylan McNeice do during their base training phase.

### HOT PROPERTY INTERVIEW – CAMERON BROWN AND DYLAN MCNEICE

This week Cam and Dylan tell us about their love affair with triathlon and Taupo. They talk about the upcoming Ironman 70.3 and Ironman races in Taupo and tell us what they love about long distance triathlon, why it's not just a sport for the elite and what's so special about Taupo as a destination.

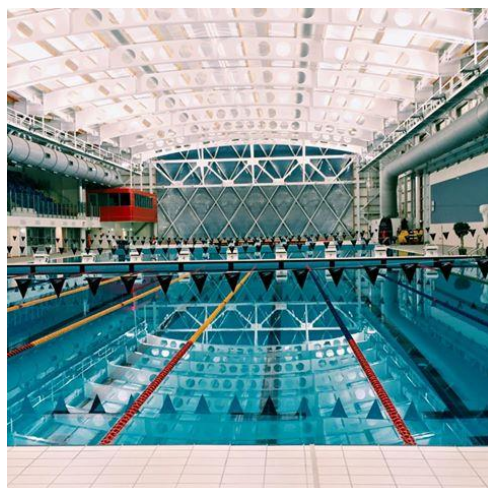


### THE GEEK OUT

Vitamin D.

### 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.



## LINKS

Authority Nutrition link to low carb versus low fat <http://authoritynutrition.com/23-studies-on-low-carb-and-low-fat-diets/>

Follow Cam on Facebook at <https://www.facebook.com/cameron.brown.7169> and on Twitter at <https://twitter.com/chuckibrown>

Find out more about Dylan McNeice at <http://dylanmcneice.com/>

Follow Dylan on Facebook at <https://www.facebook.com/dylanmcneice.triathlete> and on Twitter at <https://twitter.com/dylanmcneice>

More about Ironman 70.3 Taupo at <http://www.ironman.com/triathlon/events/asiapac/ironman-70.3/taupo.aspx#axzz3kDrbQc2D>

More about Ironman New Zealand, Taupo at <http://www.ironman.com/triathlon/events/asiapac/ironman/new-zealand.aspx#axzz3kDrbQc2D>

More about Ironman 70.3 World Championship, Mooloolaba at <http://www.ironman.com/triathlon/news/articles/2014/07/sunshine-coast-to-host-ironman-70.3-world-champs.aspx#axzz3kDrbQc2D>

Visit AUT Millennium at <http://www.autmillennium.org.nz/>

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

## CONTACT US

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Mikki Williden can be found at <https://www.facebook.com/mikkiwillidennutrition>

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