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## FITTER RADIO: EPISODE 001

Welcome to the first episode of Fitter Radio your 'go-to' podcast for the latest and most up to date information and news around swimming, cycling, running, triathlon and nutrition.

First up the 'Recovery Run' - we've all heard the term used but what does it actually mean and is it really necessary?

Our interview this week is with the amazing multiple Iron distance champion **Dylan McNeice**. Learn about how Dylan trains and what his plans are for the coming year.

**Metabolic Efficiency** - What does this mean for you, your health and your sports performance?

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