

AUG  
29  
2016

## FITTER RADIO EPISODE 126

### ONE STEP AHEAD

Protein.

### WORKOUT OF THE WEEK

Bev talks about those pre-race nerves.

### HOT PROPERTY INTERVIEW – HEATHER JACKSON

Born in Exeter, New Hampshire, American Triathlete Heather Jackson had a passion for ice hockey. She was good at it too, making the US National Team Program before moving to track cycling in 2009. Heather had already 'dabbled' in triathlon winning her age group (18-24) in Kona in 2008 and it was a year later that she decided to concentrate solely on this sport. Since then she's gone from strength to strength. Her career highlights to date are impressive with wins at Ironman Coeur d'Alene (2015), 2-Time Ironman 70.3 Oceanside Champion (2013, 2015), Escape from Alcatraz Champion (2013), Ironman 70.3 Princeton Champion (2014), Runner Up at Ironman 70.3 World Championships (2013), 5th Place Ironman World Championships in Kona last year and most recently Heather took out the win and a new course record at Ironman Lake Placid in 9hrs and 9 mins. Can't wait to see how she goes in Kona!



### 5 MIN FOCUS

This week Bev talks to Sean Watkins, husband of Heather Jackson and founder of Wattie Ink. Founded in Southern California in 2009 Wattie Ink. has evolved from a sports marketing agency representing some of the world's best triathletes to an apparel company dedicated to creating the finest gear in the world. Wattie Ink. apparel is designed, tested and manufactured in their own factory in Southern California with the intent to inspire, motivate and challenge athletes to follow their dreams, take risks, and never give up.



### **GEEK OUT**

This week Bevan and Mikki talk about Ketone esters

### **LINKS**

More about Heather Jackson at <http://www.heatherjacksonracing.com/>

Follow Heather on Twitter at <https://twitter.com/hjacksonracing> and on Instagram at <https://www.instagram.com/hjacksonracing/>

More about Wattie Ink at <http://www.wattieink.com/>

Nutritional Ketosis study at [http://www.cell.com/cell-metabolism/fulltext/S1550-4131\(16\)30355-2](http://www.cell.com/cell-metabolism/fulltext/S1550-4131(16)30355-2)

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