

NOV  
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2016

## FITTER RADIO EPISODE 135

### ONE STEP AHEAD

High fat feeding after exercise

### WORKOUT OF THE WEEK

The freestyle stroke.

### HOT PROPERTY INTERVIEW – MARKO ALBERT

Estonian pro triathlete Marko Albert is remembered here for beating New Zealand's Cameron Brown at IMNZ in 2014. Marko loves Taupo and in fact it's looking like he's coming back again next year! Bev chats to him about that win, his recent Kona experience and the challenges he faces as one of the bigger long distance boys out there!



### GEEK OUT

Fatigue is all in your head.

### LINKS

Endurance Performance Summit at <http://www.autmillennium.org.nz/clinics/eps/>

More about Marko Albert at <http://www.marko.ee/en/>

Follow Marko on Facebook at <https://www.facebook.com/marko.albert> and on Twitter at <https://twitter.com/pantaani>

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