

DEC
12
2016

FITTER RADIO EPISODE 140

WORKOUT OF THE WEEK

Does the swim really matter for overall performance in iron distance racing

ONE STEP AHEAD

Different types of fat and their effect on satiety

HOT PROPERTY INTERVIEWS – TERENCE BOZZONE & KATE BEVILAQUA

We talk to New Zealand's Terenzo Bozzone about his recent spectacular win at Ironman Western Australia where he smashed the course record in a time of 7:51:25, nearly five minutes inside Luke McKenzie's record set last year!



Kate Bevilaqua has just completed her second Ultraman. This one was the World Championship in Hawaii and she won in a time of 24:44:04!



5 MINUTE FOCUS

Bev talks to Katee Pedicini 'The Hormone Nerd' of Holistic Endurance about their upcoming live Q and A event on Thursday 15 December. Only 50 spots available, so get in quick!

<https://www.facebook.com/events/357652244602380/>



Fitter.co.nz
Presents...

LIVE Q&A
with the
Hormone Nerd
Coach Katee Pedicini

THURS 15TH
DEC
8:30pm (NZDT)
6:30pm (AET)

LINKS

Thorsten Radde at <http://www.trirating.com/>

Follow Terenzo on Facebook at <https://www.facebook.com/terenzobozzone/> and on Twitter at <https://twitter.com/terenzo1>

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>

More about the Ultraman World Champs here <http://ultramanlive.com/>

More about Katee Pedicini and Holistic Endurance at <https://www.holisticendurance.com.au/>

Sign up to the Live Q and A at <https://www.facebook.com/events/357652244602380/>

Buy Stacy Sims's book ROAR at <https://www.amazon.com/ROAR-Fitness-Physiology-Optimum-Performance/dp/1623366860>

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