

JAN
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FITTER RADIO EPISODE 145

WORKOUT OF THE WEEK

Bevan tells us about his recent bike camp and the Port of Tauranga Half Ironman.

ONE STEP AHEAD

LCHF and performance – the latest research.

HOT PROPERTY INTERVIEW – BOB BABBITT

In Bob's own words he started racing triathlons 'way back when the earth was still cooling'. He did his first Ironman in 1980 on the island of Oahu and ended up completing five more when the event moved to the Big Island. Bob's love of triathlon has kept him involved ever since as the host of Babbittville Radio, co-founder of Competitor Magazine and the Challenged Athletes Foundation, plus he created the Muddy Buddy Ride and Run Series. We loved hearing about his story and the legends he's met along the way!



SID TALKS

Bevan chews the tri fat with triathlete Laura Siddall.



LINKS

More about Bob Babbitt at <http://www.babbittville.com/>

More about Laura Siddall at <http://laurasiddall.com/>

Follow 'Sid' on Facebook at <https://www.facebook.com/laura.siddall.5333> on Twitter at <https://twitter.com/lmsiddall> and on Instagram at <https://www.instagram.com/lmsid/>

Link to LCHF research paper at <http://onlinelibrary.wiley.com/doi/10.1113/JP273830/full>
"A high carbohydrate diet remains the evidence based choice for elite athletes to optimise performance"

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