FITTER RADIO EPISODE 149

WORKOUT OF THE WEEK

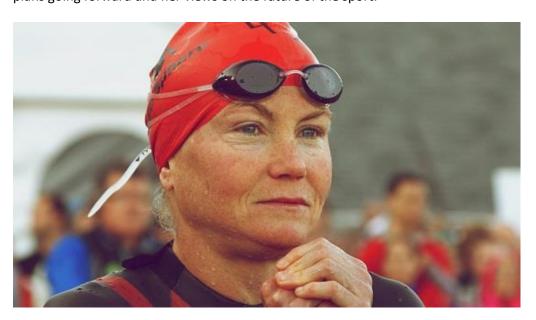
Paralysis by analysis.

ONE STEP AHEAD

LCHF and where you can go wrong.

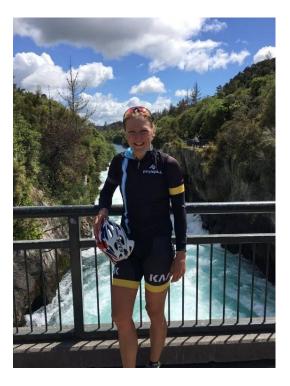
HOT PROPERTY INTERVIEW – MARY BETH ELLIS

In October last year Mary Beth Ellis, ITU Long Distance World Champ and eight times Ironman winner since 2011, announced her retirement from the pro triathlon ranks. We talk to Mary Beth about how she's coping with transitioning out of the pro training lifestyle, her plans going forward and her views on the future of the sport.



SID TALKS

This week we chew the fat with Laura Siddall from Kona plus we get to say a quick 'Hi' to some of the boys she's training with on the PurplePatch Fitness Camp.



LINKS

More about Mary Beth Ellis at https://www.facebook.com/marybethellisracing Follow Mary Beth on Facebook at https://www.facebook.com/marybethellisracing and on Twitter at https://twitter.com/marybethellis

More about Emma Bilham at http://www.emmabilham.com/

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

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