

FEB
13
2017

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/>

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/>

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Link to LCHF blog at <http://mikkiwilliden.com/>

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