

APR  
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2017

## FITTER RADIO EPISODE 156

### WORKOUT OF THE WEEK

Reviewing the science of the long run.

### ONE STEP AHEAD

Cliff Harvey of Holistic Performance Nutrition talks to us about Exogenous Ketones



### HOT PROPERTY INTERVIEW – PEDRO SILVA GOMES

Portuguese but living in Arizona, professional triathlete Pedro Gomes describes himself as a 'Nintendo junkie turned Ironman Champ'. Having started in ITU he completed his first Ironman in 2010 racing into 2<sup>nd</sup> place. Since then Pedro has won two Iron distance races and achieved numerous podium finishes and is now one of the top long distance triathletes in the World. He's raced Kona 4 times but only finished twice and has decided that it's not on his radar for this year – his goal is to race there in 2018 when he feels he can crack a Top 10 place.



### SIMS SCIENCE

In this week's segment we talk to Stacy Sims (Exercise Physiologist and Nutrition Scientist) about cold water immersion post exercise. Could it be harmful for men but not women!



#### LINKS

'Sago Trev' recipe at

<https://www.facebook.com/mikkiwillidennutrition/photos/a.1388042704802579.1073741828.1379583485648501/1865219520418226/?type=3&theater>



*Trevor Meiklejohn*

More about Pedro Gomes at <https://www.pedro-gomes.com/>

Follow Pedro on Facebook at <https://www.facebook.com/PedroGomesTri/> and on Twitter at <https://twitter.com/pedrogomestri>

More about Cliff Harvey at <http://www.cliffharvey.com/cliff.html>

Holistic Performance Nutrition at <http://www.holisticperformancenutrition.com/>

Buy your Exogenous Ketones at <http://www.nutritionshop.online/keto-os.html>

Follow Stacy Sims on Facebook at <https://www.facebook.com/drstacysims/>

Buy Stacy's book 'ROAR' Women are not small men at <https://www.amazon.com/ROAR-Fitness-Physiology-Optimum-Performance/dp/1623366860>

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