

MAY  
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## FITTER RADIO EPISODE 162

### ONE STEP AHEAD

What the elite Boston marathoners ate.

### HOT PROPERTY INTERVIEW – RONNIE SCHILDKNECT

Swiss Pro Triathlete Ronnie Schildknect has competed in over 30 Ironmans, he's also won his home country's Ironman in Switzerland 9 times. Supported by Team BMC-Etixx Ronnie has recently raced to second place at the Ironman North American Champs Texas in a time of 7hrs 56mins. He's now hoping to race at Kona again this year and put together a race that he knows he's capable of. We talk to Ronnie about where he started in triathlon and what his hopes and dreams are for his future in the sport.



### SID TALKS

We bring back Pro Triathlete Laura Siddall to chew the latest tri fat with Bevan. This week they talk through Sid's win at Ironman Australia plus the latest goss around the tri scene.



## **LINKS**

More about Ronnie at <http://www.uplacebmctriathlon.com/>

Follow Ronnie on Facebook at <https://www.facebook.com/RonnieIronSchildknecht/> and on Twitter at <https://twitter.com/ronschildknecht>

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/>

More about Four Sigmatic at <https://us.foursigmatic.com/>

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>

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