

AUG
14
2017

FITTER RADIO EPISODE 175

ONE STEP AHEAD

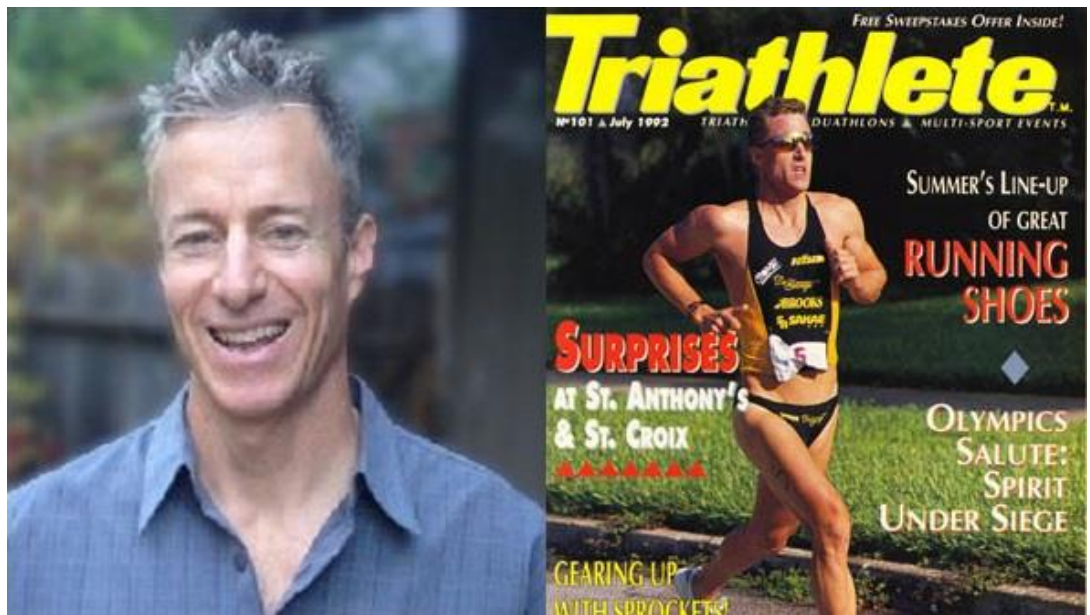
Riboflavin

WORKOUT OF THE WEEK

Aerobars

HOT PROPERTY INTERVIEW – BRAD KEARNS

Brad Kearns of Auburn, California is a noted speaker, author and coach and during his nine-year career as a triathlete, was one of the world's top ranked professionals, amassing 30 wins worldwide on the pro circuit. Brad currently works with health & fitness expert Mark Sisson on a comprehensive lifestyle movement called the Primal Blueprint.



5 MIN FOCUS

Breca SwimRun is coming to the Bay of Islands, so this week we talk to Ben De Rivas about the course and what it has to offer. The 33km course starts at the Waitangi Treaty Ground and links mainland trails with six of the Bay's stunning islands, before the grand finish and party at the Otehei Bay island resort. Comprising 25km of running on challenging trails and bush paths and 8.4km of swimming, with 10 run stages and 9 swim stages, athletes should expect the race to take 5 - 9 hours to complete. With 64 teams already entered this race is likely to sell out! <http://www.brecaswimrun.com/breca-bay-of-islands>



LINKS

Mikki's blog '48 Real Snack Ideas for the Uninspired' at

<https://mikkiwilliden.wordpress.com/2017/08/12/48-real-snack-ideas-for-the-uninspired/>

Kai Pouches at <http://kaicarrier.co.nz/store/#!/Pouches/c/9300117>

More about Lionel Sanders at <https://lsanderstri.com/about/>

More about Brad Kearns at <http://www.bradkearns.com/>

Follow Brad on Twitter at <https://twitter.com/bradleykearns>

Marks Daily Apple at <http://www.marksdailyapple.com/>

Primal Blueprint at <https://www.primalblueprint.com/>

Primal Endurance Online Mastery Course at <https://www.primalblueprint.com/online-courses/primal-endurance-program/>

Breca SwimRun Bay of Islands at <http://www.brecaswimrun.com/breca-bay-of-islands>

'What the Health' Robb Wolf review at <https://robbwolf.com/2017/07/03/what-the-health-a-wolfs-eye-review/>

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