

SEPT
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2017

FITTER RADIO EPISODE 181

WORKOUT OF THE WEEK

Bevan's in Boulder. He talks us through how he's periodising training for a professional triathlete preparing for optimal performance in Kona.

ONE STEP AHEAD

The keto diet and your thyroid.

HOT PROPERTY INTERVIEW: YVONNE VAN VLERKEN

We're delighted to be able to bring back Yvonne Van Vlerken to the show to tell us about her season to date and her recent win and course record at the Long Distance Triathlon European Championships at Challenge Almere.



SIMS SCIENCE

We're back with Stacy Sims (Exercise Physiologist and Nutrition Scientist) and this week we continue the theme around female athletes and their menstrual cycles and we talk strength and endurance training.



LINKS

Challenge Almere on Facebook at <https://www.facebook.com/ChallengeAlmere>

More about Challenge Almere at <https://www.challenge-almere.com/>

More about Yvonne Van Vlerken at <http://www.yvonnevanvlerken.eu/>

Follow 'Vonsy' on Facebook at

<https://www.facebook.com/YvonnevanVlerken.The.flying.blonde.Dutchgirl>

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

Buy Stacy's Book "Roar – Women are Not Small Men" on Amazon at

<https://www.amazon.co.uk/ROAR-Stacy-Sims/dp/1623366860>

Ginger Lemon Cashew Bites at <https://mikkiwilliden.com/Recipes/ginger-lemon-cashew-bites>

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