

OCT  
23  
2017

## FITTER RADIO EPISODE 184

### WORKOUT OF THE WEEK

Mental sabotage.

### ONE STEP AHEAD

Sweat rates and tattoos plus the latest on iron deficiency in endurance athletes.

### HOT PROPERTY INTERVIEW: BEN KANUTE

USA pro triathlete Ben Kanute was the surprise runner up at the recent Ironman 70.3 World Champs in Chattanooga. Ben also won the Escape from Alcatraz Triathlon in June 2017 and competed at the 2016 Rio Olympics. At only 24 years of age he's showing immense talent at a variety of distances. We talk to Ben about his next move.



### LINKS

More about Ben Kanute at <http://www.benkanute.com/>

Follow Ben on Facebook at <https://www.facebook.com/benkanutetriathlete/>

Training Peaks article at <https://www.trainingpeaks.com/blog/avoiding-mental-sabotage-part-6-how-to-conquer-your-fear-of-failure/>

Tattooing and sweat rates article at

<https://www.ncbi.nlm.nih.gov/pubmed/?term=tattoo+sweat+rate>

### CONTACT US

Learn more about us at <http://www.fitter.co.nz>

Like us on Facebook at <http://www.facebook.com/fitter.co.nz> for the latest news and information

Mikki Williden can be found at <https://www.facebook.com/mikkiwillidennutrition>

LISTEN HERE