

NOV  
06  
2017

## FITTER RADIO EPISODE 186

### COMPETITION TIME:

Predict Mikki's finish time (in hours:minutes:seconds) for the Queenstown Marathon and be in to win FREE access to her Athlete 12 week Nutrition Plan PLUS a tub of Lean Clean Protein! Email us at [info@fitter.co.nz](mailto:info@fitter.co.nz) with your entry before the start of the race. Last entry will be accepted by 8.20am Saturday 18 November 2017

### HOT PROPERTY INTERVIEW – ANDREW STARYKOWICZ:

(00:20:00)

In August last year, Andrew Starykowicz almost lost his life when he was run over by a truck whilst cycling. His injuries included 2 cracked vertebrae, a fractured lower leg and severe concussion. Just over a year later he was back racing and recently took the win at Ironman Louisville. We talk to Andrew about his recovery and his plans for the future.



### SID TALKS:

(01:10:13)

Sid's just landed in Sydney from the UK after her race at Challenge Sardinia where she placed 2nd. We talk off-season, Taupo 70.3, Noosa and the Triple Crown.



## **ONE STEP AHEAD & WORKOUT OF THE WEEK:**

(1:48:19)

How maximal fat oxidation influences performance in an Ironman.

### **LINKS:**

Unit Nutrition at <http://www.unitnutrition.com/>

Watch Icarus on Netflix at <https://www.netflix.com/nz/title/80168079>

The Joe Rogan Experience Episode 1019 with Bryan Fogel <http://jrefan.com/the-joe-rogan-experience-episode-1019-with-bryan-fogel/>

More about the Port of Tauranga Half at <http://mountfestival.kiwi/>

More about Andrew Starykowicz at <http://www.andrewstarykowicz.com/>

Maximal Fat Oxidation is Related to Performance in an Ironman Triathlon at <https://www.ncbi.nlm.nih.gov/pubmed/29050040>

More about the Powerade Challenge at <https://www.powerade.co.nz/challenge>

More about Laura Siddall at <http://laurasiddall.com/>

Challenge Sardinia at <http://www.challenge-family.com/challenge-for-te-village-sardina/>

### **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](#)