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FITTER RADIO EPISODE 187

WORKOUT OF THE WEEK:

The brain and running economy.

HOT PROPERTY INTERVIEW – RUEDI WILD:

(00:36:14:)

Pro Triathlete Ruedi Wild represented Switzerland at the 2012 Olympics but after failing to qualify for Beijing decided to do an Ironman. Now having raced to numerous 70.3 podium finishes, a second at Ironman Switzerland this year and 2 Konas under his belt he'll take some time out with his new family to decide what's next.



ONE STEP AHEAD:

(1:24:55)

The impact of an LCHF diet on performance, plus the best protein choices for athletes.

LINKS:

More about Ruedi Wild at <http://www.ruediwild.ch/ruedi-wild/> and on Facebook at <https://www.facebook.com/ruediwild82/>

Links to studies at

[http://www.metabolismjournal.com/article/S0026-0495\(17\)30298-6/abstract](http://www.metabolismjournal.com/article/S0026-0495(17)30298-6/abstract) and <https://www.ncbi.nlm.nih.gov/pubmed/26669252>

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