Steph: Hi Katee, and welcome back to the show.

Katee: Hello Steph. Thanks for having me.

Steph: Let's dive straight into today's topic. It is one that we've explored before with Dr. Phil Maffetone. But it comes up quite a lot with our athletes and some of the myths that they're exposed to in the endurance training world. We get lots of questions for how it applies to other athletes, which I wanted to explore with you as part of today's discussion. But just before we get into that, could you give us a little bit of an overview of what MAF training is, or what the formula looks like for someone that might be new to this conversation?

Katee: Yeah, absolutely. MAF stands for maximal aerobic function. And it's been developed from Phil Maffetone's work, and he certainly describes it more eloquently than myself in part one of this discussion. What we're looking for with MAF training is working the aerobic system and what most people would be familiar with termed as zone two work if we're looking at zones from one to five. And it's that steady state of exercise, where you can belly breathe, you can talk, it's quite relaxed. Perceived effort should be easy. And it's where we develop aerobic endurance, as well as muscular endurance. So for anyone training or endurance events, that's where we should be spending majority of our time.

Now the MAF heart rate and how that's derived with the Maffetone Method, is the 180 Formula. There's more detail on this, but the basic formula is 180 beats minus your age. So if we use the round example of a 40 year old, their maximal aerobic function heart rate would be 140 beats per minute.

What we find, and I guess why this concept was really derived from, is Phil and many of other professionals and myself, which is why I've utilized this method, have seen many fit and unhealthy athletes, just with some metabolic issues or mood issues, energy issues, burnout, fatigue, over-training, depression and anxiety, unable to lose weight and all of those lovely things. So that's where the benefits of MAF lie, in combating those concerns.

Steph: Yeah, awesome, I love it. I was having a conversation online just yesterday with someone that's started doing all this endurance training, like I think they've dived in to maybe 20 hours a week, and they're still carrying all this weight around the middle. And that's a classic example of, you rock up to watch an Iron Man, and you'd expect everyone to be the fittest of the fittest. But we do see so many people that are carrying too much weight. But not to mention what's going on at a deeper level from a health point of view with some of those other conditions that we see so prevalent in the space.

And obviously nutrition plays a huge role, but so does that harder, faster, more mentality that we often see that just puts someone in that anaerobic, or that high-intensity zone for the majority of their training, which is the opposite to what we're trying to achieve with an MAF approach.

Katee: Yeah, definitely. So if anyone's ears are perking up on the experience of more training, but unable to lose body fat or even gaining body fat, this is definitely a conversation for you. And it's definitely not just about body composition, there's so many other benefits to it as well.

Steph: Yeah, 100%, just one example of what we see. Yeah, so let's progress a little bit. Firstly, I guess, talk to us about where you feel this really applies. So you mentioned definitely endurance athletes, and we want the majority of our training to be at or under MAF heart rate, in that aerobic zone. How can we use that information to talk to other athletes in different sports, or that have a different focus to someone that's purely endurance?

Katee: Yeah, let's draw on a couple other examples. So if we start with say team sports, such as netball, football, that still rely on aerobic conditioning. Sorry, for the international listeners, netball they won't be familiar with, but let's go with basketball for example.

Steph: Is netball not an international sport? I didn't even know that.

Katee: Well, the United States wouldn't be familiar with them, no. Yeah, UK it's more prevalent, and Australia, but not in the States. It's getting there, definitely. So team sports-wise, there's obviously a restriction. Like endurance athletes, it's an individual sport, you've got your own program, you stick to your own heart rates, or you should, and you go out and do your training. In a team sport environment, you don't have that structure, it's more fluid depending on what's happening in the game as to how hard you would work, it's also dependent on what position you would play in any given team or sport.

So using the MAF principles are a little more difficult or complex, it's not straightforward. But a footballer, a rugby player, a basketballer or netballer, all need a really good aerobic engine, so it still needs to be a priority. And how we could look at that ... And also being fat-adapted would be a priority. So where I look at athletes in that situation is focusing in the off season is really where that aerobic conditioning, aerobic endurance, and then MAF principle needs to be adopted. And then also putting nutritional principles in place at the same time for fat adaptation. Allowing that foundation to be built prior to the season and then gain those benefits.

Because in-season training is gonna be of a much higher intensity, there's less control over the intervals, and we're gonna have more frequency of that higher intensity as well. So ... Sorry, go ahead.

Steph: No, I was just gonna agree, I think that's a really good place to start thinking about, if someone's purely in a team environment, it would be very tempting for them to take a lot of what they do in season and continue it when they're having a break, not thinking about that whole periodization angle which we really need to implement to manage our energy system, but help with our recovery and our immune system and avoiding injuries and so on and so forth. So I love that off season idea.

Katee: Yeah. And then if we look week to week even in season, there might be three structured team training sessions, and then outside of that there might be individual sessions that are either recovery-based or fitness-based. And that's where an individual playing a team sport can adopt the MAF method to get those benefits of being a fit and healthy athlete. And then within the team sessions, what I would implore coaches to do, and then also in a team environment, is making sure that athletes are warming up and cooling down at MAF or below, and not getting caught up in that group mentality of pushing beyond their limits, which will not derive them the results that they're after.

Steph: Yeah, again I agree. Which applies to everybody, even just our seasoned athlete that wants to get back into running. We've really gotta think about that yes, it might be great to have a time-based goal, but that session has a time and a place. Whereas you really wanna be looking at how you warm up and cool down for every session, and definitely making sure you've got some really good aerobic sessions. So do the numbers, work out your MAF heart rate, and stick to that.

Katee: Yeah, definitely. And actually now I think of it, in a team environment, a lot of them do have access to physiology lab testing. So definitely utilize that if you want to enhance or specify that formula even further based on your individual physiology.

Steph: Yeah for sure. I think the formula is so great to apply to the majority, but depending on what level you’re at and how data-driven you are, getting some metabolic efficiency testing will really further specify when you move from that aerobic zone into the anaerobic zone, and that will give you an adjusted MAF heart rate.

Katee: Brilliant. So that's our team sports. Did you wanna talk about short-distance runners?

Steph: Yeah, let's do it. What a great example.

Katee: Because we talk a lot about triathletes, endurance runners, say from 5K, 10K, 21 and marathon, don't speak often about the training or the MAF approach for our 100 meter sprinter, or even an 800 meter sprinter. And it blows my mind that 800 meters can be a sprint, because I'm not a sprinter. So all the power to them. And their training and sport specificity would look very different to an endurance athlete, but they can still adopt MAF principles.

Again, off season, to ensure they are reducing that cortisol demand and load from recovering from the season that's gone by, and building up their immunity for the season to come. Then they can also ensure that their warmups and cool downs for any power threshold Fartlek based sessions are at MAF or below. And then their recovery or aerobic sessions that follow on from any hard interval sessions are also strictly at MAF or below. And the reality is that for an aths based sport spaced sport, they ought naturally adopt a polarized model of training as it is. It naturally falls that way, because they're doing very short, sharp efforts with long recovery, so it's actually a very wonderful way to adopt MAF if done under the guidance of a good coach.

Steph: Yeah, so many benefits. And I think really important to talk about those specific examples so we can think a bit broader than just looking at endurance. And thinking about being really intelligent with the way that we train as well, because that's often forgotten about in many areas where ... Definitely in team, which as you say a lot of the mid-year training or the in-season training is all about the intervals, and obviously sprinters doing a lot of sprinting, you would think, but it's about the balance, of course.

Katee: Yeah, definitely. Working on that polarized model.

Steph: Awesome. So I wanna talk to you about a couple of statements that our athletes make, and break down some of the additional myths around MAF training. The first one that I think is quite relevant to someone that is maybe looking at their training and nutrition, and looking at an MAF approach, but also adopting a lower-carbohydrate, healthy fat or LCHF diet. So the statement is, "My speed at MAF has slowed since adopting an LCHF diet. And the question is, am I losing fitness?" So what are your thoughts on that?

Katee: The short answer is, my belief is no. Just because a MAF pace is slowing, it's purely information, it's feedback. It's like okay, this is interesting, my body's under a higher physiological demand, therefore my heart rate is sitting higher for a given pace. Or my pace is sitting slower for a given heart rate. It's purely feedback and information on where your body is at.

And when you change your nutrition, your sleep, or there's a change in stress, or environment, your body needs to adapt. And it needs time to do that. You don't recover from sleepless nights. Let's say you had a week run of insomnia where your sleep was reduced by two hours each night from your usual habits. You're not gonna recover from that necessarily from one good sleep, it can take a little bit of time.

So similarly with training and your nutrition. If you're coming from a day-to-day nutrition of high carbohydrates, or even moderate carbohydrates that are quite refined, and that's what your body and mind are used to fueling on, and even if you are gradually changing that, there's going to be an adaptation period where your body is like, "Hold on, what's happening?" And potentially have a little bit of a reaction.

So yes your pace might slow temporarily during an adaptation period, but that doesn't mean that it's making you slower, as a conclusion. What we generally find, is once that period of adaptation has been overcome and that athlete has transitioned through it

and their body has got used to the rebalancing of transitioning to a lower-carbohydrate, higher healthy fats nutrition plan, is that then the pace rapidly comes back to improving. And it wouldn't be unusual to see someone's MAF improve dramatically over the space of one to two weeks when it hasn't improved for, say, four to six weeks.

And it's reiterating that message of patience, that we know this method works, and we wouldn't recommend it if it didn't. And it's just a little bit of trust in the process.

Steph: Yeah, and some patience. Which is a hard skill for an athlete to learn. But I like the way you break down the adaptation phase, because that gives our athletes a lot of context to just bank the numbers, but try not to read into it too much. Repeat the test four weeks later, and keep working on the basics and all the foundations that we talk about on the show all the time. Because it's not one variable, right, but you're going to have to be really good at the basics, and everything will move in the right direction.

Katee: Yeah. And that's the other element. Like if MAF is slowing since adopting LCHF, it might have happened too rapidly, or there might have been too many other stresses going on in life. Physiological stresses, psychological stresses, that are impeding that ability to adapt and improve. So it's definitely not just about your running or your nutrition. It could be lack of recovery, there's lots of other elements.

Steph: Yeah, 100%. Awesome. So the next point for discussion is for us to just chat a little bit more about how we determine a different heart rate. So yeah we've got an MAF heart rate, but what about a marathon race pace? Are they different, and if so, how so?

Katee: Yeah, very interesting. And I've found it differs based on the skill level of that runner. So an experienced athlete, the answer's going to be different to a first-time marathoner. We can adopt a rule of thumb, which has been shown with Phil's work, that a MAF, or a marathon pace will sit 15 to 20 seconds per kilometer faster than your MAF pace, as an approximate of your goal. That's one way to do it. And then you can corroborate that with, say, threshold testing as well. And that more comes down to a coach's end of doing that data analysis to see if those paces match up and make sense from a formula standpoint. But if you are not working with a coach and just working off the formula and MAF, that's a really nice and easy way to predict your marathon pace.

So where I think athletes can get a little bit stuck is in training they're running a certain pace, which is quote-unquote "slower" than what they will run on race day. And I'm here to reassure you that that is okay, we need to save our race pace for race day. There is absolutely value in doing race simulation based intervals and efforts in training, that are balanced with under-MAF based heart rate. Also, more the psychological side of it, to understand what it feels like and get into that flow, and not have that psychological barrier of what does it feel like to sit at this pace.

So yeah, that's my short answer. I've seen, there's the other scenario of how do we calculate marathon pace off the bike for triathletes, which is another good scenario. So what I've done in that case is, if I was looking at a standalone marathon, I would get the athlete to do a retest of their MAF test over, say, six kilometers a week to two prior. Not

in their peak when they're uber fatigued, so as we're heading into taper, to give us a predictive pace. And then we would say minus 15 to 20 seconds per kilometer and give them that range. And this would obviously be based on training paces as well and be realistic based on how consistent the athlete has been over their build of 12 to 18 weeks. We won't just pluck numbers out of anywhere, or one session for that matter.

So if that's what we do for a standalone marathon, what I've done for Iron Man athletes, or even half Iron Man as well, is schedule a MAF test as a run off the bike from a key long ride. So if that was an Iron Man ride, you would do it after a six or so hour ride, and then do a MAF test straight off the bike to help predict what your marathon pace will be for Iron Man. And that has definitely yielded some great results and given my athletes a lot more certainty, which I think is super helpful.

Steph: Awesome, okay. So just to round numbers sake, if you're doing six-minute Ks off the bike, then you would take what, your 15 to 20 seconds off that? So we're looking at 5:40 or 5:45 minute Ks?

Katee: Correct, yup.

Steph: Cool, that's good. And definitely for pacing. Because obviously, when I work with an athlete, I'm not talking about goal times for any other reason than for nutrition, because we need to have a good idea of how long they're gonna be on the bike for, how long they're gonna be running for, so we can look at grams of carbohydrates or calories per hour. So that's really great information to think about, but as you also know, people pluck these goal times out of thin air. It just comes from, I don't know, the internet. Where you've really gotta look at what you're capable of, and doing some of these tests in those sessions, off the back of a key session, as you say, is gonna give you a really good accurate way to predict your swim-bike-run times, and therefore line that up with your fueling strategy. So cool.

Katee: Yeah. I've gotta ... I've pulled up training peaks and got a real life example for us. So had an athlete that was doing Iron Man, and their first one. And when they started their training build, their MAF run off the bike pace, now it's a bike ride of two to three hours, not six, so it is different, was sitting at 5:45. And they've obviously built that fitness. And in our taper week, sorry final peak week, when they did a MAF test as a run off the bike off a six-and-a-half hours, it was 5:05. So there's that beautiful improvement.

And then we were able to set a goal time. Now, for a first-time Iron Manner, this is gonna be much more variable than an experienced one. And I can give an example of that too, but this is great for a beginner. So they were a 5:05 per kilometer, and we set the goal pace as between a 5:15 and 5:40, and they ended up averaging 5:35. In the first 30K, they averaged 5:26. Which we would expect that to drop off in the final 10K of anyone's first Iron Man. So that was an amazing result, using MAF throughout that whole build.

And then a more experienced Iron Manner, their MAF run off the bike pace was 4:30. And then their run off the bike in race was 4:40, as a nice comparison.

Steph: Oh sorry, so we're adding. I was subtracting before when I went from six-minute Ks to 5:45. In my mind I was assuming-

Katee: Oh sorry.

Steph: The marathon pace would be a little bit quicker. That's okay, so we'll just readjust that example. If you do a six-minute MAF test off the bike in training, then we'd expect to see you doing about a 6:15 marathon pace. So that's really interesting that you've seen that translate.

Katee: Sorry, yeah I forgot to spell that out with the running off the bike example is different, yes.

Steph: Got it, okay, excellent. But if it's a straight marathon, we're looking at subtracting?

Katee: Faster, yup.

Steph: Yeah, beautiful. Okay. Cool, really cool.

Katee: That's been my experience. Everyone's a little bit different.

Steph: Yeah. It would be a good benchmark to start with and then look for the individual nuances within that.

Katee: Yeah. And that's where field testing in training to measure threshold versus aerobic, so anaerobic threshold versus aerobic threshold. Or do lab testing just to corroborate those numbers.

Steph: Cool, love it. All right, one of the other conversations that we often have, especially early days with someone fairly new to this approach is that they find that their MAF running pace is too slow. And the question is, can I speed it up, it's boring?

Katee: Mm-hmm (affirmative), heard this a few times. And I'm sure I've said these words, to be honest. And I get it, it can be challenging. But at the same time, it's really interesting, and I know you covered this, it crosses over with that same myth you chatted to Phil about, in terms of 'MAF just doesn't work for me'. And I find that statement, and this example, also really interesting. Because if someone is saying that, then they're defying all laws of physiology. Which is not possible. The body works the way it works. There are thousands of textbooks and years of evidence to show us that. All MAF is is another way to formulate and conceptualize zone two training, which is being used across the board. Now if someone is needing to slow down to stay in their zone two or their MAF, there's a reason for that. Unfortunately it means that they don't have a great aerobic capacity yet. They're not fit enough yet, or there's some stressors in their life, psychological, physiological, that are impeding their progress.

Again, so if you are slower and you're bored, take it as feedback, as harsh as that feedback might be and you get a little bit disheartened with it. Where the trouble lies is

when athletes kind of go, "Oh I'm just gonna push it a little bit, and I'm just gonna play around with this idea and see if it works." You really need to go all in and trust the process to get the results. It's when we fluff around or faff around with the idea and kind of do MAF that you don't get the results, and therefore we throw our hands up in the air and say, "It doesn't work for me."

You've really gotta give it a proper crack. Because those comments of, "My MAF running pace is too slow," will only be short-lived if you follow the principles of MAF and the whole picture of holistic health at the same time. It's only going to be a four-week, six-week, eight-week turnaround before you see those improvements if you go all in.

Steph: Yeah, totally. And so many people are trying just to push the boundaries by a couple of beats, but you've gotta look at what changes from a physiology angle that creates. So immediately you're gonna be using more glycogen, which as we know more inflammatory due to the way that carbohydrates burn in the body, it's more stressful on the adrenal system, the recovery time is greater. Like we've gotta be smarter about what we're trying to achieve.

Katee: I know. Wouldn't our worlds be so different if everyone was on board with that?

Steph: Mm-hmm (affirmative).

Katee: But I forget the boring part.

Steph: Go on.

Katee: I was gonna say, the other element to that is try and motivate, if you are feeling bored or you find it too slow, try and motivate yourself with a bit of a dangling carrot of, "Well if I earn my stripes now, what I will get to do in X weeks time is this. And that means being able to throw in some threshold intervals or polarized efforts, because you have earned your stripes and rewired your metabolism and your aerobic function. So it's just that short-term, quote-unquote "pain", pain to your ego mostly, for that greater gain of your whole picture of health as well as your fitness at the same time.

The other element that I've found really beneficial when needing to develop MAF, and I've had to redevelop it many times, as have my athletes, whether I've had surgery, or got sick like I am now, and starting from the start again. Sometimes you don't have to just do it once, which is even harder. Because setbacks are part of life. So ways to embrace that and enjoy it more and not hate the process I've found is, going to places that you enjoy running. So I enjoy the trails, I enjoy being near the ocean, where I'm not getting caught up in who's passing me, and how shit it is and how slow I am. I'm just taking in my surrounding and generally just loving what I'm doing rather than focusing so much on how quote-unquote slow I am.

So give yourself something else. Or maybe there's someone you know that isn't into running, or wants to get into it and needs a kick up the but, and they might be a little bit

slower than you but it's a great reason for you to hold back by you helping them, is another great way to do it.

Steph: Yeah, I love that idea. And as you say, short-term pain, long-term gain.

Katee: Big time.

Steph: But speaking to that about MAF, there will be times when you have to take a step back. As you mentioned earlier, there are some further clarifications that we might need to adjust to that heart rate, that's not always purely 180 minus your age. So make sure you familiarize yourself with those conditions, so that if you do get unwell, or injured, or for whatever reason you're having to add in pharmaceutical intervention, that your heart rate is adjusted accordingly, and I'll pop more information on that in the show notes.

Katee: Yeah. And a similar note, there's no harm in walking. Amazing fitness and endurance can be built from walking. Building hill reps into your walking, trail walking, hiking, weighted walks. I've done it time and time again for myself and athletes and seen it with great results.

Steph: For sure, totally agree. Alright, moving on. This is a slightly different angle, but definitely something that comes up in my world at least. So the questions are, will I burn fewer calories at the MAF heart rate than if I went higher? Will this get in the way of my body compositional goals?

Katee: Look, it's a valid question and a good question. And where my mind goes to first is, wanting to get an understanding of why someone is paying attention to calories, and what is the purpose of understanding whether they are burning more or less. I'm not a big believer in the myth of calories in calories out equals weight loss. The body is much more complex and magnificent than that, and there are lots of other biochemical processes happening that enable ideal body composition to occur.

I think putting it down to such a basic formula is simplifying the magnificence of what our body does. It doesn't consider the thyroid, it doesn't consider the adrenals, or insulin, or all these other things that factor into how our body composition. Which is why we see many athletes training 15, 20 hours a week, not losing weight or putting it on. It's not as simple as calories in, calories out. And that's even if they were eating well.

Steph: Oh yeah, I'm with you. I think for me, when that question comes up, it does give you a bit of a view as to where maybe that person is coming from, in terms of their previous experience.

Katee: Yes.

Steph: And definitely how educated they are in a more sort of modern sense. I mean nearly everyone's been exposed to the calorie fallacy over their life. As you said, it's been very simplified. If you've got a body compositional goal, like if you need to lose weight, then you eat less and you move more. And we've spoken about that 1000 times, that it is just

too simple when we look at the physiology, not to mention how we utilize different fuels. So with MAF, what I really want you guys to think about is if you stick to that heart rate, that's where you're burning fat for fuel. So the number, the overall number on your watch might say less in terms of total calories, but if you stick to MAF and under, that'll be a significant proportion coming from fat. That's how you take training and assist you to continue to become fat adapted.

Katee: Yeah. I think there's definitely a drive, when people are like, "Oh I feel flabby," or "I've put on a little bit of weight," or, "I wanna shed the quote-unquote winter kilos," that's this tendency to rush to a high-intensity workout, or a hard run and really sweat your guts out and burn and feel the pain. When the opposite is true. We need to go for power walks and easy runs, and MAF-based heart rate workouts. And some strength and conditioning thrown in there too for good measure.

Steph: Yeah. It does spin a lot of people's mind upside-down. Because again, for so long, it's always been about intensity and harder and more and faster. So to hear that for the first time, it's a bit like hearing that saturated fats don't cause heart disease for the first time.

Katee: It is challenging.

Steph: People are really struggling to understand that when all they ever know is the opposite.

Katee: Definitely. Actually the strength and conditioning or lifting weights example is a good one. Because if you wore your watch for that, it would also show a low calorie count. It doesn't factor in to the lean muscle mass that you're gaining which is then allowing you to burn more fat at rest.

Steph: Ah.

Katee: So this is a similar conversation. And though the simple calorie metrics from your watch aren't factoring amongst all these other things. And that's the other point is, your watch won't always measure correctly. If you are basing your calorie count off a watch or a device, you've gotta make sure it's set up properly as well, we can't just use those numbers for viable.

Steph: Yeah, again so many factors. And really, counting your calories should be the least of your concerns.

Katee: Yeah, let's simplify life, let's have one less stress please.

Steph: Mm-hmm (affirmative). Awesome. So final question is from someone who has an event in three month's time. Is this enough to become fat adapted?

Katee: Short and simple answer is yes. If, very dependent on a couple of things. Number one, where they're coming from, and are we talking about someone that hasn't run before, poor diet, etc. So it does depend on the foundations. Let's say it's someone that has 12 months worth of exercise and running history, but they haven't adopted an LCHF

lifestyle as yet. The answer would be yes, if you stick with a MAF approach for that training build over the three months, and if you adopt that LCHF lifestyle. As well as holistic lifestyle factors like breathing, mindfulness, meditation, and not having a high level of environmental or psychological stress in your life. Yes, it's totally possible.

I also see that some people do just adapt better than others, with no particular rhyme or reason. And that might be because of long-term health history that has set them up for that. So long-term use of medication, other chronic health conditions previously, or gut health, you name it. Lots of factors, but in short, yes it's possible.

Steph: Yeah I agree. I think it's plenty of time. Knowing that it's not the end of the road, it's actually the first phase of the journey, those initial 12 weeks. And of course how much you achieve in those three months is gonna be largely based on compliance to one, nutrition, two, training, three, the whole picture from that holistic point of view.

But I think it's also about managing your expectations. For a lot of people, this is their first race that they're going into, with totally different strategies. It's a different race week, it's a different pre-event meal, it's a different pre-race breakfast. For some people it's the first time they're doing a race fasted. It's a different fueling strategy, there's different logistics. It's like there are a number of factors that I think you have to dive in and sort of rip the Band-Aid off to get that race day experience.

But you should really be able to, I think, hopefully pick a B or a C race, and use it as a race to test all of the above. Test the new strategies and get some really great feedback under those circumstances that you simply cannot replicate in training. So I think that if it's an A race that maybe that's not the best idea. I'm not saying you can't do it, but you'll have to manage your expectations more carefully, and think long-term as well. We know that over the next couple of years, your metabolism is going to be completely evolving, and you'll get really good at all the new strategies that you are testing in those first three months and implementing in that next race.

Katee: First point, I would say if someone let's say is in A race in three months time, I would just say it has to be done under the guidance of professionals. Nutritionists slash personalized training program, to guide them towards that, will certainly set you up for more success.

Steph: Yeah, absolutely. But all about managing expectations. Because I think that there are a lot of changes that people make. And I think from my experience, the not carb loading or the not having breakfast, or not having a conventional carbohydrate-based breakfast before a race, for a lot of people is really quite challenging to get their head around. There's a lot of nerves around that. I can still remember how I felt about that all those years ago. And that's gonna change just how you feel going into race day, until you get the first-hand experience that it's really possible.

Katee: Yeah, and that's the answer. There's no other way than to try it for yourselves. Your experience isn't dictated by anyone else, and theirs isn't dictated by yours. So you've gotta try it for yourself and see. But it does take that trust and patience.

Steph: Yeah, yeah awesome. So cool, I've loved this conversation and I'm sure our listeners will have had a few light bulb moments about their own personal experience or what their goals might be moving forward. So thanks so much for joining us, can you let us know where we can find out more about you, and I can pop those links in the show notes?

Katee: Yeah, definitely. Number one place is the website, holisticendurance.com.au. Lots of articles on the blog that are quite in-depth, so you can get some extra reading. And there's also umpteen links to podcast episodes that I've done on The Real Food Reel with Steph and that full history, as well as other podcasts that you can dive into.

Steph: Awesome. So great to chat, thanks again for your time, and we'll talk to you again soon.

Katee: Thanks, Steph.