

# Marathon

## race supply



### THE MOST IMPORTANT NUTRIENTS FOR YOUR SUCCESS

#### WATER

adequate hydration prevents drastic performance decline

#### CARBOHYDRATES

essential energy provider for the muscles and the maintenance of concentration

#### SODIUM

reduces cramps and muscle hardenings

evening before



(500 ml)

before the start  
-1 hour



(500 ml)

START

### DURING THE MARATHON

from km 15 every 5 km



(½ tube each)



FINISH

afterwards  
immed.



(1 tube)

### How to reach the finish line well supplied!

- Preparation: the evening before and 1h before the start 500 ml Isotonic-Energy-Drink
- During the marathon: from km 15 every 5 km ½ tube Liquid-Energy-pure + water at the refreshment stations
- Recovery: immediately after crossing the finish line 1 tube Regeneration-Booster +BCAA

Competition ration: Isotonic-Energy-Drink + 3 Liquid-Energy-pure

Sanct Bernhard  
**Sport**

Further information at [www.aktiv3.de](http://www.aktiv3.de)