

Cycling

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 COMPETITION

every 15-20 minutes



(150 – 200 ml)

+

further supply:
Liquid-Energy-pure
and/or Energy-Rice-Bar



FINISH

afterwards
immed. within 30 min



(1 tube)



(500 ml)

How to reach the finish line well supplied!

Preparation: the evening before and 1h before the start 500 ml Isotonic-Energy-Drink

On the bike: every 15-20 min 150-200 ml Isotonic-Energy-Drink
(further supply: Liquid-Energy-pure and/or Energy-Rice-Bar)

Recovery: immediately after crossing the finish line 1 tube Regeneration-Booster +BCAA;
within 30 min after the race 500 ml Protein-Regeneration-Turbo

Sanct Bernhard
Sport

➔ Further information at www.aktiv3.de