

Triathlon (Full-Distance)



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 -15 min



(500 ml)



(1 tube)

START

SWIM

BIKE every 15 min

(1 tube)



(200 ml)



(1 tube)



RUN every 15 min



(½ tube)

FINISH

afterwards immed. within 30 min



(1 tube)



(500 ml)

Preparation:

the evening before and 1h before the start 500 ml Isotonic-Energy-Drink
15 min before the start 1 tube Liquid-Energy-pure

Right after swimming:

1 tube Liquid-Energy-pure + water

On the bike: first supply + further supply

every 15 min 200 ml Isotonic-Energy-Drink
every 15 min about 25 ml Liquid-Energy-pure out of the bottle + water
(in addition: Energy-Rice-Bar)

Right after cycling:

1 tube Liquid-Energy-pure + water

During the run:

every 15 min ½ tube Liquid-Energy-pure + water at the refreshment stations

Recovery:

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

Competition ration: Isotonic-Energy-Drink + 8 Liquid-Energy-pure + 500 ml Liquid-Energy-pure + further supply on bike

Sanct Bernhard
Sport

Further information at www.aktiv3.de