

Triathlon (Olympic-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



(500 ml)

START

SWIM

BIKE

every 20 min

(1 tube)



(200 ml)

RUN

every 15 min

(1 tube)



(½ tube)

FINISH

afterwards

immed. within 30 min



(1 tube)



(500 ml)

Preparation:

Right after swimming:

On the bike:

Right after cycling:

During the run:

Recovery:

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

1 tube Liquid-Energy-pure + water

every 20 min 200 ml Isotonic-Energy-Drink
(further supply: Liquid-Energy-pure)

1 tube Liquid-Energy-pure + water

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

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

Competition ration:

Isotonic-Energy-Drink + 3 Liquid-Energy-pure + further supply on the bike

Sanct Bernhard
Sport



Further information at www.aktiv3.de