

competition power supply with Aktiv³

triathlon (short distance)



preparing competition:

evening before and 1h before the start
each 500 ml **Isoton Energiedrink**

directly after swimming:
on the bike:

1 **Liquid Energie Pur** + water
each 20 min. 200 ml **Isoton Energiedrink**
(**Liquid Energie Pur** as additional pension)

directly after cycling:
during the running:

1 **Liquid Energie Pur** + water
each 15 min. 1/2 **Liquid Energie Pur**
+ water to the boarding stations

immediately after
arriving destination:

500 ml **Protein Regenerationsturbo**



Tip:
before the start
Warm-Up massageoil
(supports the warm-up
phase)



Tip:
after the shower
Vital skin milk
(refreshes and invigorates
the muscles)

Aktiv³

Das Fitnessplus⁺

 **BIKE24**
www.bike24.net