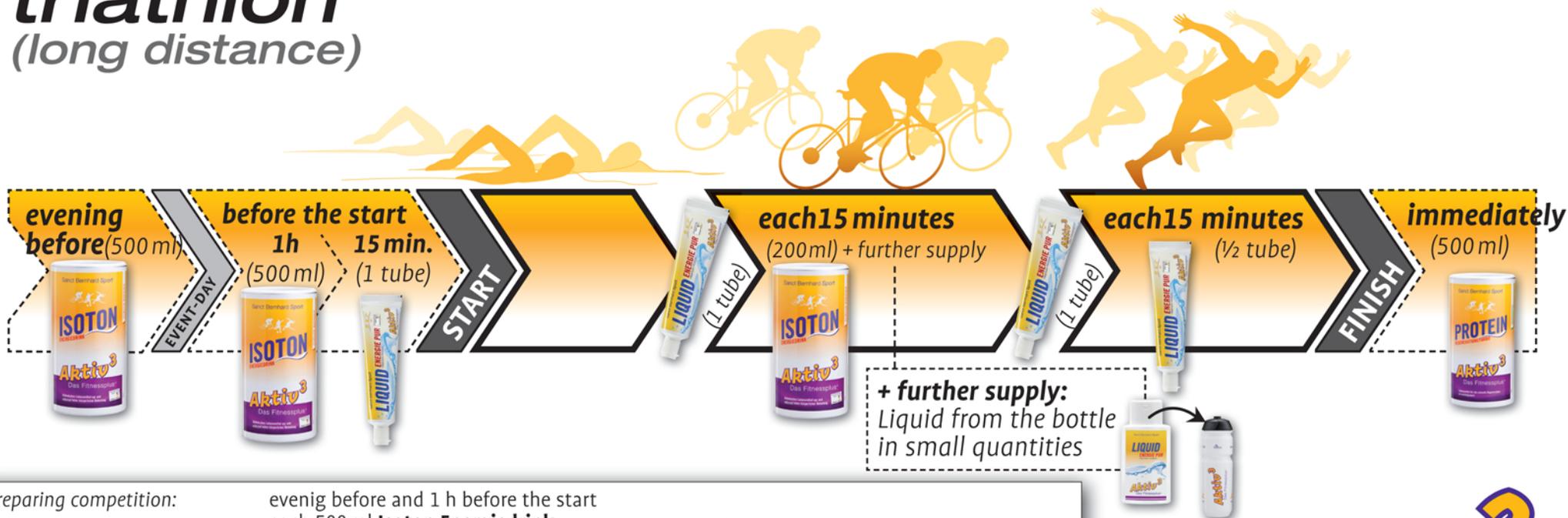


competition power supply with Aktiv³

triathlon (long distance)



preparing competition:

evening before and 1 h before the start
each 500 ml **Isoton Energiedrink**
15 min. before the start 1 **Liquid Energie Pur**

directly after swimming:

1 **Liquid Energie Pur** + water
each 15 min. 200 ml **Isoton Energiedrink**
each 15 min. ca. 25 ml **Liquid Energie Pur**
from the bottle
+ water to the boarding stations
(**bolt** as additional pension)

on the bike: first supply >
further supply >

directly after cycling:

1 **Liquid Energie Pur** + water

during the running:

each 15 min. ½ tube **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

competition ration: Isoton Energiedrink + 8 Liquid Energie Pur + 500ml Liquid Energie Pur + additional pension during cycling