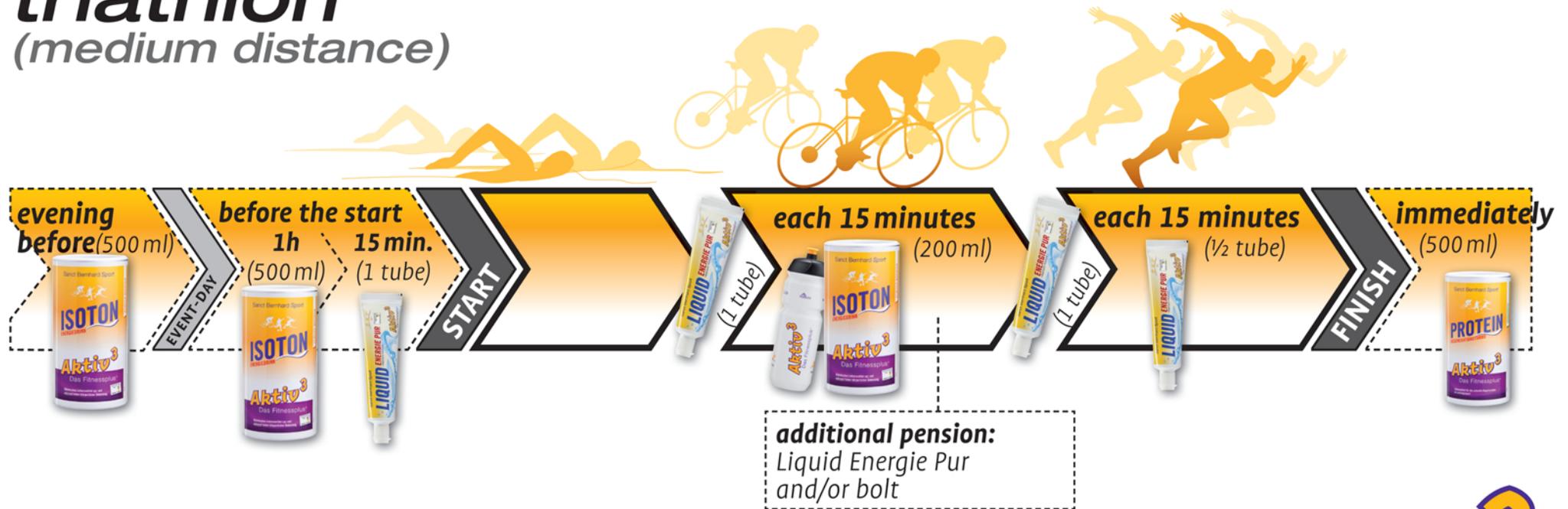


competition power supply with Aktiv³

triathlon (medium 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:
on the bike:

1 **Liquid Energie Pur** + water
each 15 min. 200 ml **Isoton Energiedrink**
(**Liquid Energie Pur** and/or **bolt**
as additional pension)

directly after cycling:
during the running:

1 **Liquid Energie Pur** + water
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 + 5 Liquid Energie Pur + additional pension during cycling