

competition power supply with Aktiv³

half marathon



preparing competition:

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

during the running:

during km 13 and km 17 each ½ tube **Liquid Energie Pur**
+ water to the boarding stations

immediately after arriving
destination:

500 ml **Protein Regenerationsturbo**



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



Tip:
before training
**Fireprotect skin
protection cream**
(protection against sore
rubbing)



Tip:
after the shower
Vital skin milk
(refreshes and invigo-
rates the muscles)

competition ration: Isoton Energiedrink + 1 Liquid Energie Pur

Aktiv³

Das Fitnessplus⁺

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www.bike24.net