

# competition power supply with Aktiv<sup>3</sup>

## marathon



preparing competitor:

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

during the running:

from km 15 all 5 km je 1/2 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 + 3 Liquid Energie Pur

# Aktiv<sup>3</sup>

Das Fitnessplus<sup>+</sup>

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