

ENERVIT NUTRITION SYSTEM®

MEDIO FONDO

LENGTH: 125 km

ALTITUDE GAIN: 2.600 m



SWITCH BETWEEN 1 GEL AND 1 COMPETITION BAR EVERY 30 MINUTES



500 ML WITH 2 MEASURING SPOONS PER HOUR ALL ALONG THE COURSE



-60' -30'



WITHIN 30'

BEFORE

Start

DURING

Finish 125 km

AFTER



PRE SPORT
SLOW RELEASE ENERGY JELLY.



GEL
HIGHLY CONCENTRATED ENERGY GEL. AVAILABLE WITH ADDED CAFFEINE.

20 CARBS / g SERVING



COMPETITION BAR
HIGHLY CONCENTRATED ENERGY BAR.

20 CARBS / g SERVING



ISOTONIC DRINK
INSTANT DRINK WITH CARBS AND MINERALS.

25 CARBS / g SERVING



R2 RECOVERY DRINK
CARBOHYDRATE BASED RECOVERY DRINK WITH BCAA.