



SWITCH BETWEEN 1 GEL AND
1 COMPETITION BAR EVERY 30 MINUTES



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



During the **cycling course**, prefer bars to gels and, if you like, once or twice you can switch your supplements with traditional food (i.e. fruit or cookies).

BEFORE

-60' -30'

Start

DURING

Finish 103 km

AFTER

WITHIN 30'



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.