

ENERVIT NUTRITION SYSTEM®

22 KM

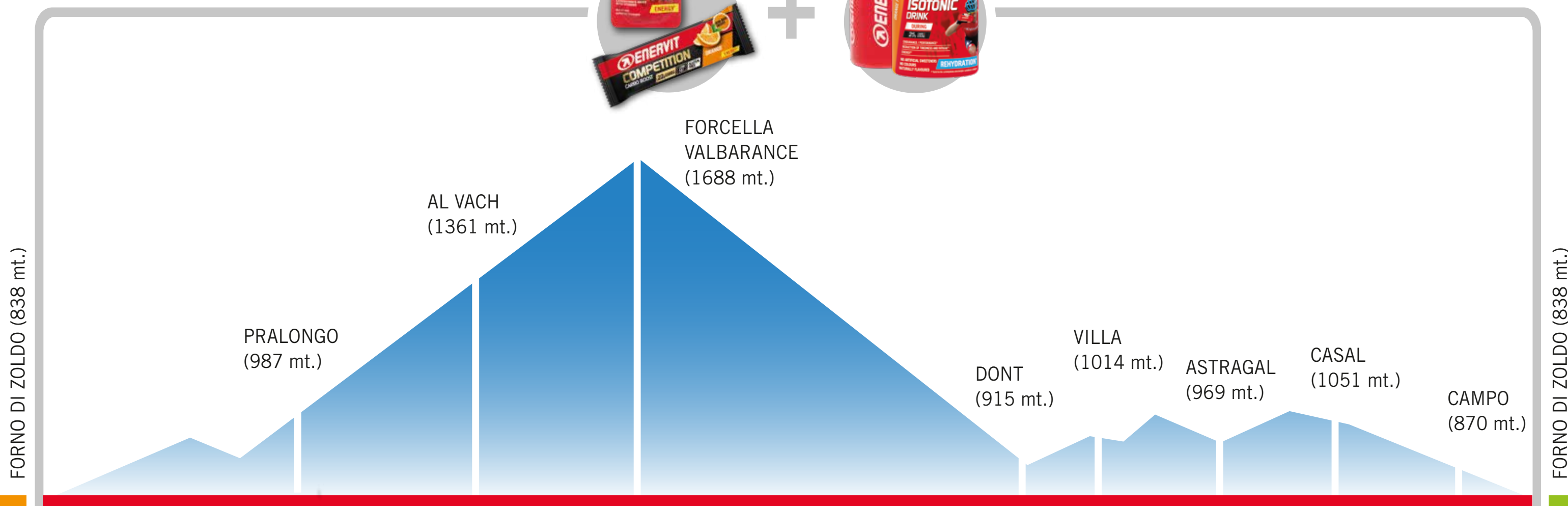
ELEVATION GAIN: 1300 m



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

Start

DURING

Finish 22 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.