



-60'

-30'



1 ISOTONIC GEL, 1 GEL OR 1
COMPETITION BAR EVERY 40'



2 MEASURING SPOONS IN
500 ML OF WATER
EVERY 60'



FOR SEGMENTS THAT NEED EXTRA BOOST



WITHIN 30'

BEFORE

START

DURING

FINISH

AFTER

PRE SPORT

SLOW RELEASE ENERGY
JELLY WITH CAFFEINE

GEL

HIGHLY
CONCENTRATED
ENERGY GEL

**20 CARBS /
g SERVING**

ISOTONIC GEL

MALTODEXTRIN-
BASED GEL WITH
ISOTONIC FORMULA

**20 CARBS /
g SERVING**

COMPETITION BAR

CARBO BOOST LOW
FAT ENERGY BAR

**22 CARBS /
g SERVING**

LIQUID GEL

FAST ENERGY
LIQUID GEL

**30 CARBS /
g SERVING**

ISOTONIC DRINK

INSTANT DRINK
WITH CARBS AND
ELECTROLYTES

**25 CARBS /
g SERVING**

WP RECOVERY DRINK

ENERGY RECOVERY
AFTER INTENSE
EFFORTS