

# Product Recommendations: Half-Marathon

Targeted nutrition supplements can provide the ideal support for hard training sessions and intensive races. Follow the recommendations given below to achieve maximum performance:

## Full glycogen reserves

Full glycogen reserves are the be-all and end-all in endurance sports. Studies confirm that carbo-loading with a concentrated drink containing carbohydrates on the day before the competition will give you a substantial energy advantage.

- **Carbo Loader** — sport drink with high energy content to top up the glycogen reserves. Contains Vitargo®, a barley starch hydrolisate specifically developed for this purpose.
- **Power Porridge** — the professional breakfast or a light meal before exertion. Contains Vitargo® and beta-glucans for long-lasting energy.
- **Energy Plus Bar, Carnitin Bar** — ideal up to 2 h before exertion.
- **High Energy Bar** — the competition bar for long-lasting energy.

→ **A TIP FROM THE PROFESSIONALS:**

- Power Porridge with 1 ampoule of Liquid Amino 12500, or 6-8 caps of BCAA, or about 8 tabs of EAC
- 1 Sponser Energy Bar up to 1 h before the competition



## An adequate supply of fluids

Even a small loss of fluid will substantially impair your performance ability. For this reason, drink 0.5-1 liters per hour of a sports drink that is enriched with energy and electrolytes during exertion.

- **Competition** — acid-free, mildly flavored sport drink with high energy density (Multi Carb Formula).

→ **A TIP FROM THE PROFESSIONALS:**

- Competition: 60-80 g carbohydrates (hypotonic). Excellently tolerated, even at high intensity.



## A balanced blood sugar curve

Carbohydrate products based on glucose and saccharose (sucrose), known as 'fast sugars' (such as cola) cause a massive increase in the blood sugar level. This leads to an excessive insulin response and the blood sugar level drops. Constant fluctuations in the blood sugar level reduce performance ability and cause severe fatigue! So make sure that you have a continuous supply of energy and/or carbohydrates during training and competitions.

These easy-to-dose energy supplements can be recommended:

- **Liquid Energy PLUS** – immediately before the start, or in the second half of the competition.



## Rapid regeneration

The purposes of a high-quality regeneration supplement are: to supply the body with fluid and electrolytes, to fill the glycogen reserves and to regenerate the muscle damage caused by exertion.

- **Regeneration Competition** – high-tech ready-to-use regeneration drink!
- **Recovery Drink** – fruity regeneration drink, lactose-free. Prepared with water.
- **Recovery Shake** – high-quality shake with a pleasant taste. Prepared with milk.
- **Pro Recovery** – efficient and highly professional regeneration product based on protein to compensate for muscle stress. Free of lactose and artificial sweeteners. Prepared with water.



### → A TIP FROM THE PROFESSIONALS:

- 1 Tetra pack of Regeneration Competition
- 1 ampoule of Amino 12500 or about 8 tabs of EAC

For more information on energy, muscle development, fluids and regeneration, visit:  
[www.sponser-europe.com](http://www.sponser-europe.com)