

Product Recommendations: Triathlon, Short-Distance

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 and soda-loading

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. Ideal up to 1 h before exertion.

→ 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 portion Regeneration Competition up to 1 h before the start
- 1 Sponser Energy Bar up to 1 h before the competition

Sprints and one-to-one contests increase your lactate values. Soda-loading (with sodium bicarbonate and sodium citrate) boosts the extra-cellular buffer capacity, so the increase in acid is delayed.

- **Lactate Acid Buffer** — For professional soda-loading during 4-5 days before important competitions.

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:** - Very well tolerated, even at a dose of 100 g of carbohydrate per liter (hypotonic). The high dosage makes it unnecessary to take gel during the cycling section!



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.

- **Liquid Energy Gel** — Excellently tolerated fluid energy concentrate consisting of carbohydrates that can be utilized quickly and slowly. The ultimate energy kick! With or without caffeine.

→ **A TIP FROM THE PROFESSIONALS:**

- Changeover zone: Keep 1 tube of Liquid Energy Plus ready in a 330 ml drinking bottle (with water)



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.

→ **A TIP FROM THE PROFESSIONALS:**

- 1-2 Tetrapacks of Regeneration Competition, possibly plus 8 tabs of EAC
- 1 portion of Multi Protein in the evening



For more information on energy, muscle development, fluids and regeneration, visit:
www.sponser-europe.com