

Product Recommendations: Marathon

Targeted nutrition supplements can provide the ideal support for hard training sessions and lengthy running 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. 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



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.

These sport drinks can be recommended:

- **Competition** — acid-free, mildly flavored sport drink with high energy density (Multi Carb Formula).
- **Long Energy – Competition Formula 5%** — acid-free, mildly flavored sport drink with a protein component of 5% in the form of high-grade peptides (BCAA, glutamine). Flavor: Citrus or cola (with caffeine).
- **Long Energy 10%** — sport drink with high protein content in the form of high-grade peptides (BCAA, glutamine, taurine). To compensate for muscle stress and delay fatigue, and for regeneration. Flavor: berry.

→ **A TIP FROM THE PROFESSIONALS:**

- Long Energy or
- Competition with 1 teaspoon Amino Force (powder)



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 Gel** — Excellently tolerated fluid energy concentrate consisting of carbohydrates that can be utilized quickly and slowly. The ultimate energy kick! With or without caffeine.
- **Liquid Energy Protein** — The tried-and-tested energy gel with 2600 mg of protein in the form of peptides, including 650 mg of BCAA. Flavor: strawberry-banana.



→ A TIP FROM THE PROFESSIONALS:

- Top runners use the liquid gels in this sequence:
 1. Liquid Energy neutral
 2. Liquid Energy Protein
 3. Liquid Energy Plus with caffeine

Mental power

Mental supplements help to boost adrenalin, improve coordination and concentration and delay fatigue.

- **Activator** — ampoule for drinking with 160 mg of caffeine from guarana, mate and green tea. Ideal in the second half of the competition or in case of severe mental fatigue. To be taken in two portions, depending on tolerance.
- **BCAA** — the branched chain amino acids valine, leucine and isoleucine (contained in Long Energy, Amino Force and Liquid Protein) inhibit serotonin, the hormone that triggers tiredness.



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:

- 1-2 Tetrapacks of Regeneration Competition, or about 8 tabs of EAC
- In addition, possibly 1 portion of Multi Protein Shake in the evening

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