



# RUNNING GUIDE

SPONSER SPORT FOOD stands for high-quality and innovative performance products.

As a supplier of well-known runners, it is our focus to produce unique sports nutrition for competition and training. World-class athletes such as Tadesse Abraham, Martina Strähl and Fabienne Schlumpf trust in our competence and experience in the field of sports nutrition.

## PREPARE



### ELECTROLYTES

Athletes who train more than five hours a week benefit from an additional intake of minerals. The low-calorie ELECTROLYTES support workouts on an empty stomach.

### CARBO LOADER

SPONSER<sup>®</sup> recommends carboloading for activities lasting longer than two hours. Fill your glycogen stores to the max by taking four servings the day before the marathon.

### NITROFLOW PERFORMANCE<sup>2</sup>

Improved blood flow, increased fatigue tolerance and thus a positive influence on performance thanks to the vasodilative and cell-protective effect. Ideally, take four to five days before competition and two days afterwards for improved recovery.

## BEFORE



### ACTIVATOR

Anyone who wants to attack the race focussed, concentrated and with maximum energy will benefit from ACTIVATOR. Caffeine has a performance-enhancing effect and is taken before or during the activity, depending on the distance.

## DURING



### COMPETITION

COMPETITION sports drinks are acid-free and contain a wide range of carbohydrates and electrolytes. It is the ideal sports drink: well tolerated by the stomach and mildly flavoured.

### LIQUID ENERGY

Energy from the tube, available in different variants. These perfectly digestible energy gels quickly counter any energy shortage and are easy to carry along.

## AFTER



### PRO RECOVERY & PROTEIN DRINK

SPONSER<sup>®</sup> offers a wide range of high-quality protein products. Important for an effective training adaptation and a fast recovery. Recommended for the basic supply in everyday life as well as for the specific intake before, during and after training and competition.

[WWW.SPONSER.COM/RUNNING](http://WWW.SPONSER.COM/RUNNING)

OFFICIAL SUPPLIER OF SWISS ATHLETICS