

Sports disciplines	Timing of fluid intake	Beverage type and quantity
Activities of less than 60 minutes		
for instance 10 k run, 25 k cycling, teamsports such as soccer, baseball, handball	1-2 hours before	500 ml water
	15-30 minutes before	30-500 ml water In case of low glycogen stores it is recommended to consume an electrolyte-carbohydrate solution containing 60-80 g carbohydrates per litre.
	after	Replacement of sweat losses in adequate quantity (approx. 1.5 x as electrolyte solution). Replenishment of glycogen stores as needed with carbohydrate containing electrolyte or recovery drink.
Activities of 1-4 hours duration		
e. g. marathon, olymp. Triathlon, tennis, ballsports	1-2 hours before	500 ml e. g. COMPETITION or ISOTONIC sports drink
	15-30 minutes before	300-500 ml of hypo- or isotonic sports drink
	during as often as possible, at least every 10-15 minutes	Ideally about 0.5-1 litre per hour of COMPETITION, ISOTONIC, LONG ENERGY or SPORT TEA. Plain water combined with LIQUID ENERGY offers a valuable alternative.
	after immediately after exertion as well as during following hours	Recovery drink containing carbs and protein, promoting glycogen and protein resynthesis.
Activities of more than 4 hours		
Long distance triathlon, cycling or ultra running	1-3 days prior	Appropriate carboloading with CARBOLOADER, consider use of LACTAT BUFFER, as a means of prehydration and cramp prevention.
	1-2 hours before	500 ml COMPETITION or ISOTONIC sports drink
	15-30 minutes before	300-500 ml COMPETITION or ISOTONIC sports drink Consider use of LIQUID ENERGY as rapidly available energy source.
	during as often as possible, at least every 10-15 minutes	0.5-1 litre per hour COMPETITION, LONG ENERGY or SPORT TEA. Plain water combined with LIQUID ENERGY and SALT CAPS offers a valuable alternative.
	after immediately after exertion	Adequate replenishment of fluid and electrolyte losses (1.5 x sweat loss, ideally as electrolyte solution).
	as well as every 1-2 hours afterwards	50-60 g carbohydrates, ideally combined with approx. 20-25 g of protein, promoting glycogen and protein resynthesis, e.g. with RECOVERY DRINK or PRO RECOVERY.