



# CYCLING

## SHORT DISTANCE $\leq 3h$

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



### PREPARE

The day before the competition, make sure you eat an easily digestible, carbohydrate-rich diet. Avoid fat and fibres! The longer the expected race time, the more decisive become full glycogen stores and maintenance of your fluid and electrolyte balance.

#### CARBO LOADER

Recommended for events of 90 minutes onwards. Maximally filled glycogen stores for long-lasting energy and optimal performance.

#### NITROFLOW PERFORMANCE<sup>2</sup> & RED BEET VINITROX

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.

#### LACTAT BUFFER

Increases lactate tolerance during anaerobic-lactacid loads such as the start and intermediate sprints.



### BEFORE

During the pre-competition hours, consider to drink regularly and eat some bites of carbohydrate-rich snacks. Avoid a feeling of fullness, though. The last main meal should be taken about 3-4 hours pre-race.

#### HIGH ENERGY BAR

This high-quality bar, based on pre-gelatinised oat starch, provides fast and long-lasting energy for peak performances! Easily digestible and therefore ideally suited as the last, small pre-competition meal up to 30 minutes before race start.

#### ACTIVATOR

Anyone who wants to attack the race focussed, concentrated and with maximum energy will benefit from our ACTIVATOR with 200 mg of caffeine in different forms for staggered release. Recommended intake: 3-5mg caffeine per kg body weight, approx. 30min before the start or the desired time of action. Ideally suited also during the second half of the competition.



### DURING

Long-lasting physical performance demands regular fluid, carbohydrate and electrolyte supply. Gels and sports drinks are ideal for cyclists. Depending on training status and adaptation, the optimal intake of carbohydrates is usually between 60-90 g per hour. Drink regularly, but not excessively, and follow your thirst feeling!

#### COMPETITION®

The ultimate sports drink for cyclists: offers a wide carbohydrate spectrum for quick and sustained energy supply. COMPETITION® is acid-free, very mildly flavoured, pH-neutral and enriched with essential electrolytes.

#### LIQUID ENERGY

Convenient energy in a tube! Available in different formulations, these perfectly digestible energy gels quickly counter any energy shortage and are easy to carry along.



### AFTER

The first 30 minutes after competition are crucial for fast recovery and effective training adaptation. Start to replenish your fluid and electrolyte balance immediately after finish arrival, ingest a first serving of easily digestible energy from carbohydrates, even if you do not yet feel hungry. Combine with about 20-25 g of quickly absorbable, high-quality protein.

#### PRO RECOVERY

PRO RECOVERY provides a special mixture of high-quality proteins and carbohydrates for optimal recovery of your muscles after a hard exercise bout. Convenient and easily to prepare with water.

#### RECOVERY DRINK

The proven, tasty regeneration drink in a serving-sized sachet, convenient to take away. Suitable to combine with AMINO 12500 for a desired higher protein content.