



SKI TOURING COMPETITION



PREPARE

On the day before the competition, make sure you eat an easily digestible, carbohydrate-rich diet. Avoid fatty and fibre-rich foods! The longer the duration of the effort, the more important it is to have full glycogen stores and a balanced fluid and electrolyte balance.

CARBO LOADER

Recommended for workouts of 90 minutes or more. Maximally filled glycogen stores for long-lasting energy and optimal performance in high-intensity areas.

NITROFLOW PERFORMANCE² & RED BEET VINITROX

Improved blood flow, increased exercise tolerance and thus a positive influence on performance thanks to the vasodilatory and cell-protective effects. Ideally four to five days before competition and two days afterwards for the fastest possible recovery.

LACTAT BUFFER & BETA ALANINE

Increased lactate tolerance for maximum performance thanks to an increase in intra- and extracellular acid buffer capacity.



BEFORE

In the pre-competition hours, make sure to drink regularly and supply enough energy from carbohydrates. However, there do not exaggerate and provoke feelings of fullness. The last main meal should be eaten about 3 hours before the race.

HIGH ENERGY BAR

This high-quality cereal bar provides quick and long-lasting energy for top athletic performances. Easy to digest and therefore ideally suited as a last, small pre-competition meal.

ACTIVATOR

In order to attack the race aggressively, with high concentration and maximum energy, ACTIVATOR offers a great ergogenic aid with its 200 mg caffeine with staggered release. Take around 30 min before the start, 3-5 mg per kg body weight or, for longer exertions, one shot every 2-3 hours.



DURING

For sustained, optimal performance, ensure regular fluid, carbohydrate and electrolyte intake. Gels and carbohydrate-rich sports drinks are ideal for this purpose, as chewing is usually not possible and drinking volume is typically reduced in the cold. Depending on individual factors, the optimal intake of carbohydrates is usually between 60-90 g per hour. Drink regularly and follow your thirst sensation!

COMPETITION[®]

The ultimate sports drink has a broad carbohydrate spectrum for fast and sustained energy. COMPETITION[®] is acid-free and therefore mild in taste, pH-neutral and enriched with the necessary electrolytes. Can be prepared in high concentration, both hot and cold.

LIQUID ENERGY

Highly convenient energy from a tube or pouch, available in different variants. The optimally compatible energy gels serve to quickly compensate for energy shortages, are handy to carry around, can be easily portioned and are very suitable to use even in very cold temperatures.



AFTER

The first 30 minutes after exercise are crucial for rapid recovery and effective training adaptation. Your body's susceptibility to infection is also increased in the first hours after performance. Rebalance your fluid and electrolyte levels as quickly as possible and replenish your energy levels, even if you do not yet feel hungry. Make sure you have around 25 g of quickly available, high-quality proteins and carbohydrates as needed.

PRO RECOVERY

PRO RECOVERY provides a unique blend of high-quality proteins and carbohydrates for optimal muscle recovery after hard exercise. Easy and simple to prepare with water.

IMMUNOGUARD

This plant-based multi-nutrient preparation provides important immuno-active nutrients to support the immune system in times of increased susceptibility to infections.

