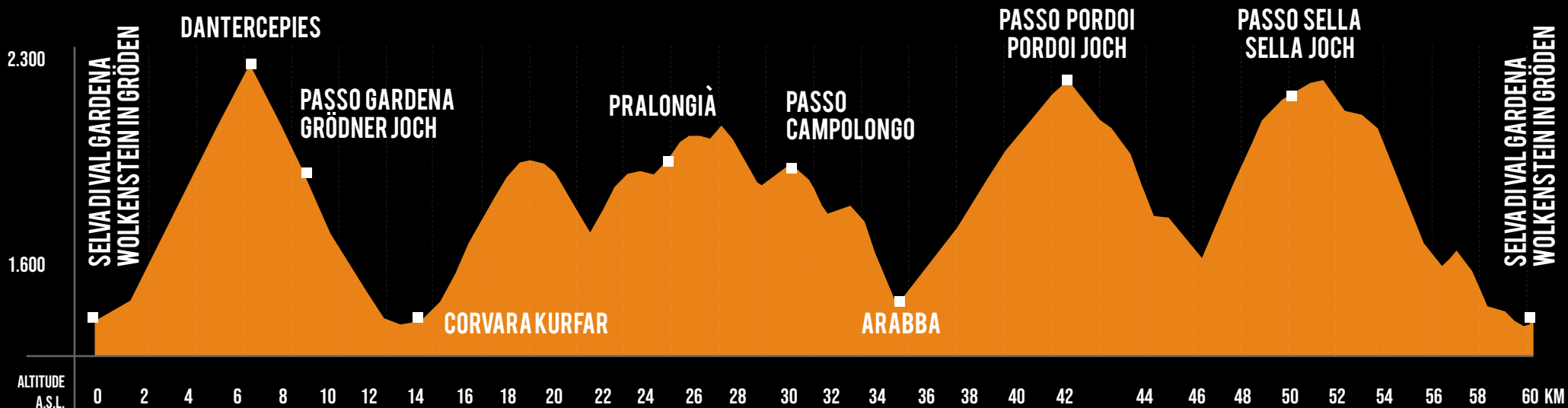


SUPERFOOD STRATEGY

HERO DOLOMITES 2019 60KM - 3200 HM



FOOD STRATEGY MAN

BEFORE	DURING	AFTER
<ul style="list-style-type: none"> 2 Total Energy Shot> 1 Total Energy Fruit Jelly> 	<ul style="list-style-type: none"> 10 KM Total Energy Fruit Bar> 20 KM Total Energy Hydra Gel> 30 KM Sport Gel> 44 KM Total Energy Strong Gel> 1 Sport Bottle of Isonam+Aminonam 1 Sport Bottle of Aminonam+Maltonam 1 Hydro backpack with water 	<ul style="list-style-type: none"> 2 Sachets of Total Energy Recovery Star Whey Maltonam

FOOD STRATEGY WOMAN

BEFORE	DURING	AFTER
<ul style="list-style-type: none"> 2 Total Energy Shot> 1 Total Energy Fruit Jelly> 	<ul style="list-style-type: none"> 10 KM Total Energy Fruit Bar> 20 KM Total Energy Hydra Gel> 30 KM Sport Gel> 44 KM Total Energy Strong Gel> 1 Sport Bottle of Isonam+Aminonam 1 Sport Bottle of Aminonam+Maltonam 1 Hydro backpack with water 	<ul style="list-style-type: none"> 2 Sachets of Total Energy Recovery Star Whey Maltonam

This food strategy has been developed by the nutrition experts of the NAMEDSPORT> Superfood Academy for optimal use of the NAMEDSPORT> supplements during the race, and should be taken as a suggestion. For a personalized sport food strategy we recommend you the advice of a professional able to assess specific needs and personal characteristics of the athlete.

OFF ROAD 55,5% | SINGLE TRAIL 37,7% | ON ROAD 8,8%