

NUTRITION STRATEGY

HERO SÜDTIROL DOLOMITES 2019

60KM - 3200 HM

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

Find out how to use your supplements for the toughest MTB marathon in the world with the Nutrition Strategy developed by **NAMEDSPORT > Superfood Academy experts.**



FOOD STRATEGY MAN

BEFORE

- 1 Total Energy Shot >
- 1 Total Energy Fruit Jelly >

DURING

- 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**

AFTER

- 2 Sachets of Total Energy Recovery >
- Star Whey
- Maltonam

FOOD STRATEGY WOMAN

BEFORE

- 1 Total Energy Shot >
- 1 Total Energy Fruit Jelly >

DURING

- 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**

AFTER

- 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.