



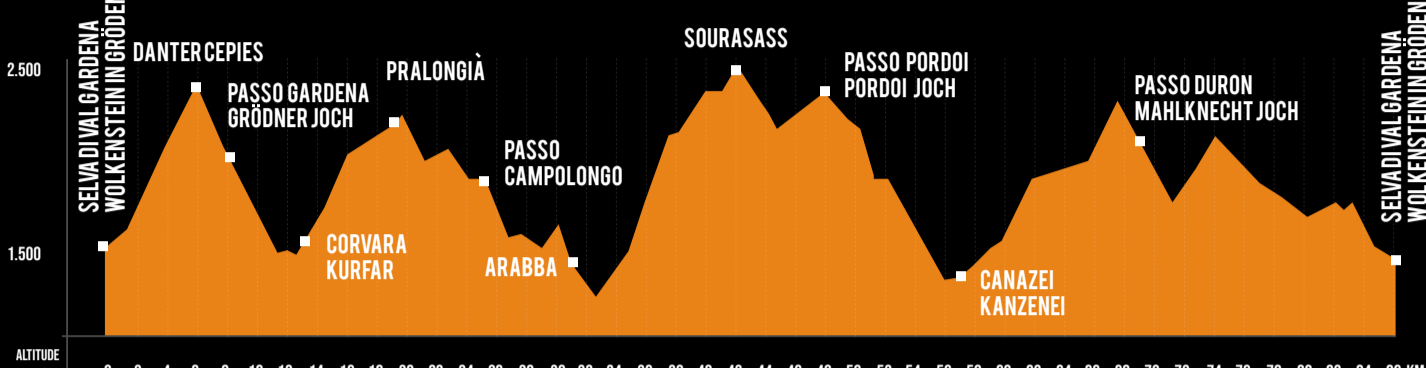
NUTRITION STRATEGY

HERO SÜDTIROL DOLOMITES 2019

86KM - 4500 HM

OFF ROAD 69,9% | SINGLE TRAIL 16,8% | ON ROAD 13,3%

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> |
| 42 KM | Total Energy Boost> |
| 54 KM | Energybar |
| 70 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> |
| 24 KM | Sport Gel> |
| 34 KM | Total Energy Boost> |
| 50 KM | Energybar |
| 69 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.

