

NUTRITION STRATEGY

HERO SÜDTIROL DOLOMITES 2026 - 60 KM

BEFORE

DURING

AFTER

Before the start, fuel up with **ENERGYBAR**, a tasty energy bar based on carbohydrates, with puffed rice.

BEFORE

DURING

AFTER

KM 12 - **ISOTONIC POWER GEL**

KM 24 - **RACE FUEL BAR**

KM 34 - **ISOTONIC POWER GEL**

KM 40 - (PASSO PORDOI) **RACE FUEL BAR**

KM 50 - **ISOTONIC POWER GEL**

BEFORE

DURING

AFTER

At the end of the race, fill your bottle with **ANABOLIC MASS PRO**: a versatile and practical “all-in-one” formula for post-workout or post-race recovery.

Take 1 vial of **MAGNESIUM LIQUID + VITAMIN B6**: Magnesium is an essential mineral of fundamental importance for the body’s physiological well-being. It helps reduce tiredness and fatigue, contributes to normal muscle function, and also supports normal protein synthesis and the normal functioning of the nervous system.

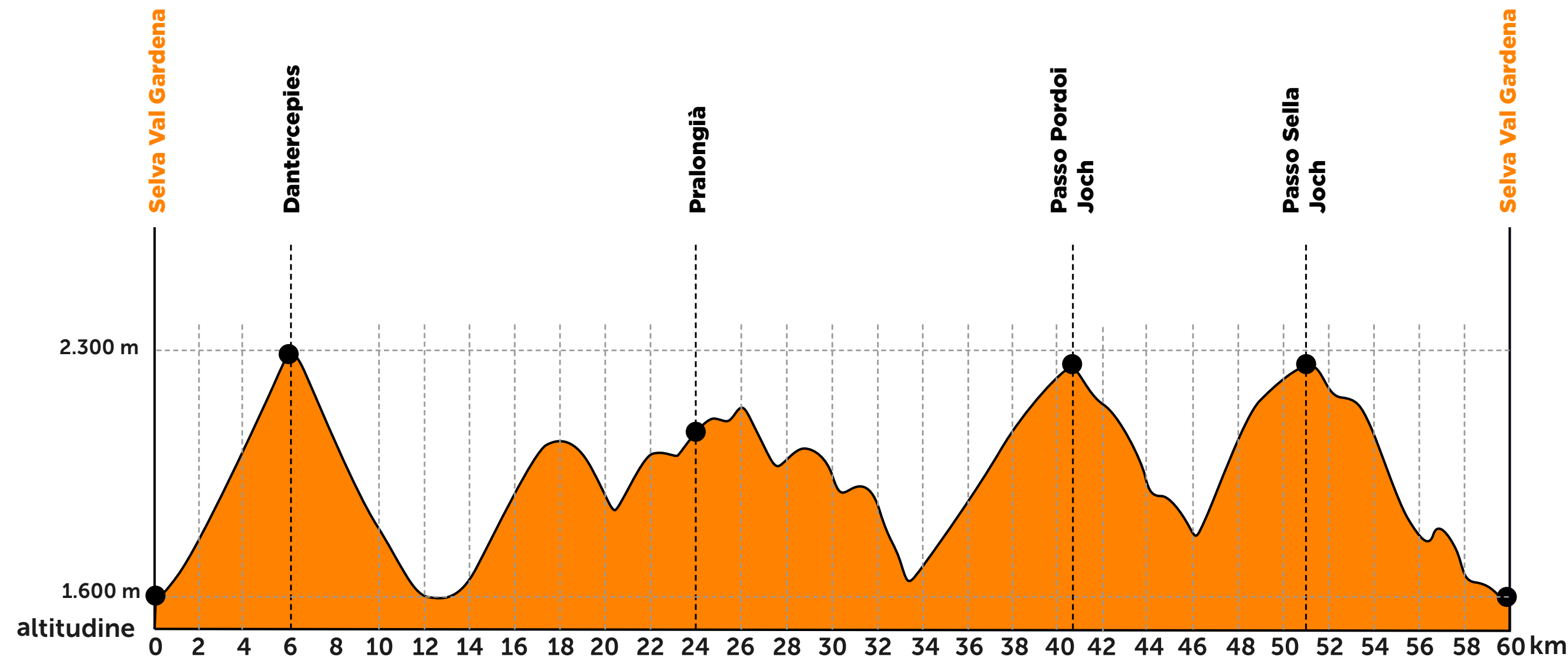
IN YOUR SPORT BOTTLES

In the first bottle, add one effervescent tablet of **HYDRAFIT ZERO**, containing minerals, vitamins, and no sugars.

In the second bottle, add **MALTONAM**, a food supplement based on simple and complex carbohydrates (glucose:fructose ratio 2:1), enriched with amino acids, vitamin C, and B-group vitamins.

NAMEDSPORT

HERO
SÜDTIROL
DOLOMITES



ISOTONIC
POWER GEL

RACE
FUEL BAR

ISOTONIC
POWER GEL

RACE
FUEL BAR

ISOTONIC
POWER GEL

ANABOLIC
MASS PRO +
MAGNESIUM
LIQUID +
VITAMIN B6

0 45min 1h 30min 2h 15min 3h 3h 45min 4h 30min 5h 15min 6h

MALTONAM+
ACQUA

HYDRAFIT
ZERO+ ACQUA

MALTONAM+
ACQUA

HYDRAFIT
ZERO+ ACQUA

MALTONAM+
ACQUA

HYDRAFIT
ZERO+ ACQUA

MALTONAM+
ACQUA

HYDRAFIT
ZERO+ ACQUA