



Nutrition Guide for TRIATHLON

For Your Ride...



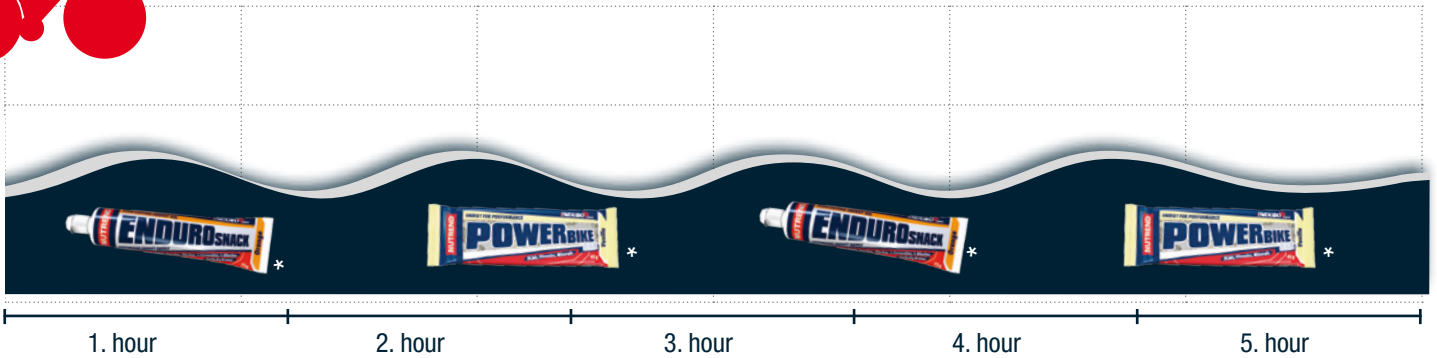
SWIMMING

Even if you are in water, do not underestimate drinking regime which is the most important thing of each performance. Pre-supply with liquids before activity and drink properly also after swimming. Use **ISODRINX**.



CYCLING

Drink regularly during the race - use **ISODRINX** each 15 - 20 minutes. Combine gels with bars based on complex carbohydrates for gradual energy supply. Use ideally **ENDUROSNAACK** and **POWER BIKE BAR**, a bar or a gel every hour of your performance.



RUNNING

Drink regularly during the race - use **ISODRINX** each 15 - 20 minutes. Do not underestimate energy supply and use energy gels regularly. It is ideal to use **ENDUROSNAACK** each hour of running. If you are in the final stage of your race and you are in energy crises you can use **CARBOSNAACK** intended for quick energy supply.



* Intended for special nutrition

3 basic things that are important for endurance sports performances:

sufficient hydration / energy for working muscles / quality recovery support

hydration + energy = goal - start the activity with hydrated organism full of energy

1
před



Supply the body with important liquids before triathlon start. If you supply the body with sufficient amount of liquids and other important substances (carbohydrates, minerals and vitamins), you will be able to perform better. Start drinking **ISODRINX** (hypotonic solution - 1 measuring scoop dissolved in 700 ml of water) about 2 hours before start. Drink last dosage about 30 minutes before start.

Do you search for suitable before activity meal? You should start activity with sufficient energy supply. If you hesitate what meal you should eat before performance, try our porridge **B4 SPORT**. It supplies the body with energy but does not burden digestive tract and that is why it can be used about 90 - 120 minutes before performance start.



hydration + energy = goal - maximum performance without any problem

2
během



Organism dehydration is the worst enemy of each sportsman. It decreases performance and it can lead to its early end. Drink thus regularly during performance. Effective hydration is provided by quality drinking regime which is rich in carbohydrates and minerals (**ISODRINX**). Drink 500 - 700 ml of liquids each hour of performance.

Body during intensive performance dominantly uses carbohydrates as sources of energy. If the carbohydrates stores are empty, performance will be decreased. To prevent this supply carbohydrates gradually during performance. You should consume about 30 - 60 g of carbohydrates during an hour of performance. Do never supply more than 30 grams of carbohydrates at once as it can cause digestive problems.

recovery + hydration = goal - muscles without pain and recovered body

3
po



Support and provide more effective recovery - use **REGENER** just after you finish the race. Drink the prepared cocktail within 20 minutes after the end of performance. Your body will be without pain and prepared for other activities.

During race you lose a lot of water by sweating which you are not able to re-supply again. That is why you should drink sufficient amount of liquids within 2 hours after race. One should supply up to 150 % of lost weight during race. If you lost during race about 1 l of sweat you should supply about 1,5 l of liquids. We recommend **UNISPORT**.

For Your Ride...



www.nutrend.eu

RACE GUIDE

ENDUROSNAK

- get rid of safety seal
- suitable for gradual and long-lasting energy supply
- use during cycling and running part of race
- drink down properly
- combine with **POWER BIKE BAR**



POWER BIKE BAR

- eat gradually and drink down properly
- use in quiet and undemanding parts of race
- it can be combined with energy gel **ENDUROSNAK**
- use during cycling



CARBOSNAK

- get rid of safety seal
- suitable for energy crises solution
- it will supply your body with energy quickly
- use in the second part of race



CARBONEX

- practical packaging of tablets
- for fast energy supply and cramps prevention
- dissolve in mouth
- drink down properly

- * Intended for special nutrition
- ** Dietary supplement



NUTREND TIPS

TIP for cramps prevention and solution

CRAMPS PREVENTION

If you suffer from cramps during the race, you may start using **ANTICRAMP** about 3 - 5 days before the race. We recommend two capsules in the morning and 3 capsules before bedtime. In the day of race swallow 5 capsules 45 minutes before performance start.

CRAMPS DURING RACE

If you have cramps during race, you should drink monodose of **MAGNESLIFE**.

TIP for performance improvement = CYCLOX

To provide better blood flow, improved transfer of supplied nutrients and better transfer of waste metabolites from muscles, use 2 tablets of **CYCLOX** 45 minutes before the race.



TIP for delaying the onset of fatigue = SHLEHA

- stimulant suitable for organism stimulation and energization
- motivates for performance, delays the onset of fatigue, maintains concentration and alertness
- use 30 minutes before race
- combine with products containing carbohydrates



TIP for finish = TURBOSNAK

- quick carbohydrates that will supply your body with rapid energy for finish
- use about 20 minutes before the finishing line

