

# ➤ CYCLING & TRIATHLON EVENTS



## CARBOHYDRATE LOADING ➤

## ELECTROLYTE FORMULA ➤



TWO TO THREE TIMES DAILY  
2-3 DAYS PRIOR TO AN EVENT.



### PRE-WORKOUT ▼



### DURING WORKOUT ▼



### POST-WORKOUT ▼



### DAILY ▼



### ▼ ELECTROLYTE FORMULA



45 MIN PRIOR  
TO EVENT

### ▼ ELECTROLYTE FORMULA



EVERY HOUR

### ▼ REFUEL & REBUILD



30 MIN  
FOLLOWING  
EVENT

### ▼ CREATINE + HMB



30 MIN  
FOLLOWING  
TRAINING

### ▼ PRE-WORKOUT FUEL



30 MIN PRIOR  
TO EVENT

### ▼ ENERGY BAR



EVERY 2 HOURS

### ▼ ENERGY BAR



30 MIN  
FOLLOWING  
EVENT

### ▼ UM MAGNESIUM



AWAY FROM FOOD  
POST-TRAINING

### ▼ CAFFEINE + D-RIBOSE ENERGY CHEWS



15 MIN PRIOR  
TO EVENT

### EVENTS LASTING LONGER THAN 2 HOURS

### ▼ CAFFEINE + D-RIBOSE ENERGY CHEWS



AS REQUIRED

Note: 1 serve of Caffeine + D-Ribose Energy Chews is 4 tablets.

# ➤ RACE DAY WITH AVANTI ISOWHEY SPORTS



## CARBOHYDRATE LOADING ➤

## ELECTROLYTE FORMULA ➤



PER HOUR, 3 HOURS PRIOR TO THE EVENT.



### PRE-WORKOUT ▼



### DURING WORKOUT ▼



### POST-WORKOUT ▼



### ▼ BCAA POWDER



3 HOURS PRIOR TO EVENT

### ▼ ELECTROLYTE FORMULA



EVERY HOUR

### ▼ PRE-WORKOUT FUEL



30 MIN PRIOR TO EVENT

### ▼ ENERGY BAR



EVERY HOUR UNTIL THE FINAL HOUR OF EVENT

### ▼ ENERGY BAR



EVERY HOUR, INCLUDING THE FINAL HOUR OF EVENT

### ▼ CAFFEINE + D-RIBOSE ENERGY CHEWS



AS REQUIRED

### ▼ REFUEL & REBUILD



IMMEDIATELY FOLLOWING EVENT

### ▼ ELECTROLYTE FORMULA



UNTIL SLEEP AS REQUIRED