



FUELING PLAN

WINFORCE® X cyclotour
du léman

BEFORE THE START

Cyclotour du Léman



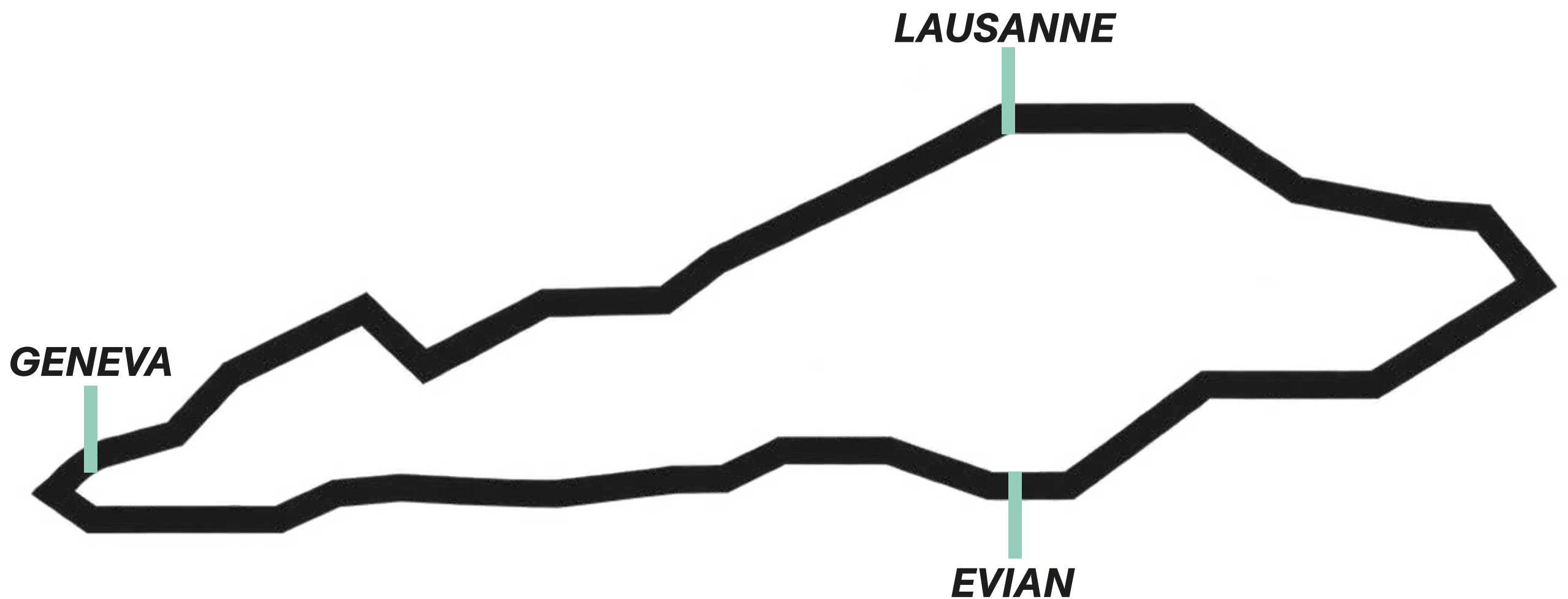
In the final hours before the start, the rule is: keep fibre and protein to a minimum, and choose easily digestible carbohydrates instead.

Our tip: Drink a CARBO BASIC PLUS water bottle about 2 hours before the start. Have an OAT BITE around 30 minutes before the start.

1 x **CARBO BASIC PLUS** = 60 g carbs

1 x **OAT BITE** = 38 g carbs

ALONG THE ROUTE



GOAL: 80–100 G OF CARBOHYDRATES PER HOUR

WINFORCE products can be combined without compromising on tolerability. Build your base with CARBO BASIC PLUS. Add gels and bars as you need them.

1 x **CARBO BASIC PLUS** = 60 g carbs

1 x **ULTRA ENERGY** = 14 g carbs

1 x **HYDRO ENERGY** = 23 g carbs

1 x **FAST ENERGY** = 42 g carbs

1 x **OAT BITE** = 23 g carbs



FINAL SPRINT



When focus or muscle power fades in the final stretch, you need a targeted boost.

1 x **BOOSTER** = 200 mg caffeine

1 x **FLAMME ROUGE** = 200 mg caffeine, 1'000 mg l-citrulline, 500 mg l-arginine

RECOVERY



To recovery properly, refill your carb stores and take enough protein. Aim to do both within 30 minutes after your session.

1 x **ISOTONE** = 23 g carbs

1 x **RECOVERY PROTEIN** = 25 g protein

***FIND OUT MORE AT
WINFORCE.COM***

