



































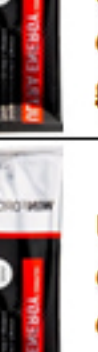




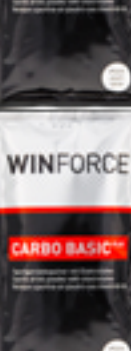


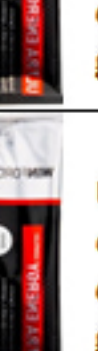























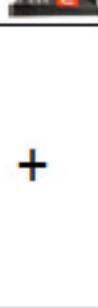

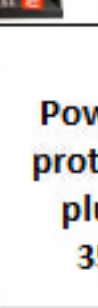


Čas do 8 ur pred startom	<b>Carbo loading</b>									
8 ur pred startom	<b>zadnji večji, pretežno OH obrok</b>									
8 ur do 3 ure pred startom			do				Carbo basic 60g			
3 ure pred startom	<b>zadnji lahek OH prigrizek</b>									
2 uri pred startom		Carbo basic 60g	+		Power protein plus 35g					
1 ura pred startom										
0 (start)										
tekma 0 do 1 ure		Carbo basic 60g								
tekma 1 do 2 uri		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		
tekma 2 do 3 ure		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		
tekma 3 do 4 ure		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		
tekma 4 do 5 ur		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		Power protein 35g
tekma 5 do 6 ur		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		
tekma 6 do 7 ur		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		
tekma 7 do 8 ur		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		
tekma 8 do 9 ur		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		
tekma 9 do 10 ur		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		Power protein 35g
tekma 10 do 11 ur		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		
tekma 11 do 12 ur		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		
tekma 12 do 13 ur		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		
tekma 13 do 14 ur		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		
tekma 14 do 15 ur		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		Power protein 35g
tekma 15 do 16 ur		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		
tekma 16 do 17 ur		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		
tekma 17 do 18 ur		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		
tekma 19 do 20 ur		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		
tekma 20 do 21 ur		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		Power protein 35g
tekma 21 do 22 ur		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		
tekma 22 do 23 ur		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		
tekma 23 do 24 ur		Carbo basic 60g	+		ali			Ultra energy complex gel 25 g		Booster 35g
CIUJ		Carbo basic 60g	+					Power protein plus 35g		