



# SKI – TRAINING ROUTINE



## BEFORE

Make sure you eat a balanced and energy-rich diet the night before, because it's often harder to eat early in the morning. The following products are suitable add-ons to your breakfast.

### POWER PORRIDGE

Tasty, warm sports breakfast, quick and easy to prepare. The combination of complex carbohydrates and high-quality whey protein ensures long-lasting performance with full energy stores and optimally nourished muscles.

### WHEY PROTEIN

High quality and easily digestible whey protein isolate. Can be taken as a shake for breakfast or added into a muesli or porridge and thus qualitatively increase the protein content of your morning meal.

### SWISS MÜESLI

Thanks to its high carbohydrate content, Sponser muesli is ideal for breakfast. The first-class, wholesome cereal provides vegetable proteins, mineral salts and trace elements. Without added sugar.



## DURING

A regular supply of carbohydrates, electrolytes as well as fluids is crucial for sustained concentration and also physical performance over several hours. Drink regularly, because in the cold and at high altitudes the thirst sensation is often limited, but the need is still high.

### COMPETITION®

Our sports drink COMPETITION® is the ultimate solution with a broad carbohydrate spectrum for fast and long-lasting energy. Can be prepared hot or cold. COMPETITION® is acid-free and therefore also tooth-friendly. Mild in taste, pH-neutral and enriched with the necessary electrolytes.

### OAT PACK / PURE & NATURAL BAR

The natural energy bars are easy to digest and ideal as a convenient snack between meals. Especially OAT PACK and PURE & NATURAL BAR are easy to chew even at cold temperatures.

### PRO RECOVERY / PROTEIN SHAKES

Ski training days are particularly energy-sapping due to their long duration. It is therefore important to pay enough attention to the energy balance and especially to the protein intake. Cable car and transfer times can and should be actively used.



## AFTER

The first hour after exercise is crucial for initiate recovery and promote training adaption. If possible, deposit the first portion of protein in your bag and consume it while still on the mountain. Experience has shown that ski training days are very long and it often takes several hours after the snow training until the next main meal. A sufficient protein supply in between is therefore crucial. Elite skiers make sure that they ingest 5 to 6 servings of high-quality protein into their daily structure [see our recommendations «Muscle building or similar»].

### PRO RECOVERY

High-quality protein supplement, naturally sweetened with carbohydrates.

### REGENERATOR

Regeneration shake specially developed for Swiss Ski, based on Whey Protein and fine chocolate flavor.

### CASEIN

Developed for protein supply during the night (so-called «night protein»). For growth and maintenance of muscle mass.

### RELAX & RECOVER

Suitable for supporting restful sleep based on milk and plant extracts.



## PERFORMANCE

Performance supplements to optimize performance in skiing.

### ACTIVATOR 200

Caffeine shot (200 mg) to increase endurance and improve alertness, concentration and attention.

### NITROFLOW PERFORMANCE<sup>2</sup> / RED BEET VINITROX

For improved blood flow and better oxygen utilization. Promotes both performance and recovery.

### LACTAT BUFFER / BETA ALANINE

Extracellular or intracellular acid buffer for increased acid tolerance and delayed lactate rise.

### MENTAL FOCUS

Supports cognitive and mental performance.