



TENNIS

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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.



DURING

Regular intake of fluids, carbohydrates and electrolytes is crucial for sustained performance in tennis training. Drink regularly and according to your thirst.

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.

ENERGY BAR

Breaks should be used to drink and fill energy stores. Energy bars from SPONSER are easy to digest and make a quick, convenient snack. Ideally, therefore, a few bars should always be kept in the tennis bag as a reserve.

ELECTROLYTES

During intensive training, a regular fluid intake is important. Restoring a balanced hydration status is especially important for competitive athletes. The intake of mineral salts actively supports the ability to regenerate.



AFTER

The first hour after exercise is important for rapid recovery and effective training adaptation. Therefore, plan a recovery shake after your workout. This applies not only to strength and conditioning training, but also to intense ball workouts. Take 5-6 servings of high-quality protein (20-25 g each) and, depending on the intensity of the workout, supplement with carbohydrates. See also recommendations «Muscle building».

PRO RECOVERY

High quality protein supplement, naturally sweetened with fast and slow available proteins.

WHEY PROTEIN

Whey protein shake rich in BCAA, with non-caloric sweetener and therefore without carbohydrates. Depending on the intensity of the training, the structure of the day and the availability of meals, it makes sense to enrich the recovery shakes with maltodextrin or to supplement them with carbohydrate-rich snacks.

PROTEIN DRINK

The practical protein drinks can be kept unrefrigerated and fit into any training bag. Thus, ideal for taking on the go.



BEDTIME

A late protein meal before bedtime provides the body with building blocks for optimized regeneration.

CASEIN

CASEIN is a slowly digestible protein shake, particularly suitable for taking before bedtime to bridge the protein-poor night phase.

RELAX & RECOVER

Highly functional food supplement based on green tea, ginseng and saffron. Serves to relax and sleep quality, and can curb the body's stress reactions during particularly intense periods. Can be taken hot or cold.