

Short distance till 300 km (1 day basketing)

	Friday Day of basketing	Saturday Day of arrival	Sunday	Monday	Tuesday	Wednesday	Thursday
1 L		Energy drink	<u>Pomalai</u>	<u>Sitrici</u>	<u>Vita-Peka Race</u>	Vivitaline	
		Gentochol				Gentochol	
		Minerals					
1 Kg	Grit	<u>Propony-Royal</u>	Grit	Elderberry Juice	Grit	<u>Twister Oil</u>	<u>Twister Oil</u>
		Joost Mix Recovery		Joost Mix		Joost Mix Prepare	Joost Mix Prepare

Middle distance till 500 km (2 days basket)

	Sunday	Monday	Tuesday	Wednesday	Thursday Day of basketting	Friday	Saturday Day of arrival
1 L	<u>Energy Drink</u>	<u>Pomalai</u>	<u>Sitrici</u>	<u>Sitrici</u>			<u>Energy Drink</u>
	<u>Broncho</u>		<u>Gentochol</u>	<u>Gentochol</u>			<u>Broncho</u>
	<u>Minerals</u>						<u>Minerals</u>
1 Kg	<u>Proponey-Royal</u>	Grit	<u>Twister Oil</u>	<u>Twister Oil</u>	Grit		Grit
	Joost Mix Recovery		Joost Mix Prepare	Joost Mix Prepare			

Long distance - from 600 km (3 days basket) week 1

	Saturday Day of arrival	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 L	<u>Energy Drink</u>	<u>Energy Drink</u>	<u>Pomalai</u>		<u>Jodaline</u>		<u>Jodaline</u>
	<u>Broncho</u>	<u>Broncho</u>					
	<u>Minerals</u>	<u>Minerals</u>					
1 Kg	<u>Proponey-Royal</u>	<u>Proponey-Royal</u>	Grit	<u>Proponey-Royal</u>	Grit	<u>Elderberry Juice</u>	Grit
	Joost Mix Recovery	Joost Mix Recovery		Joost Mix Recovery		<u>Pro-Biolec</u>	
						Joost Mix	

Long distance - from 600 km (3 days basket) week 2

	Saturday	Sunday	Monday	Tuesday	Wednesday Day of basketting	Thursday	Friday
1 L		<u>Sitrici</u>	<u>Gentochol</u>	<u>Gentochol</u>			
		Minerals					
1 Kg	<u>Proponey-Royal</u>		<u>Twister Oil</u>	<u>Twister Oil</u>			
	Joost Mix Recovery		Joost Mix Prepare	Joost Mix Prepare			