

LONG DISTANCE Building up to a race		
D1	HERBO CONDITION MIX + HERBO OMEGA OIL	
D2	HERBO CONDITION MIX + HERBO OMEGA OIL	
D3	HERBO CONDITION MIX + HERBO OMEGA OIL	
	The food	Drinking
D4		
D5	OPTIMIX + HERBOCHOL PLUS	HERBOSOL + HERBO CMB OR HERBO MMK
D6	OPTIMIX + HERBOCHOL PLUS	HERBOSOL + HERBO CMB OR HERBO MMK 1X SUPERFLIGHT PIL
D7/Basketing	OPTIMIX + HERBOCHOL PLUS	HERBOSOL + HERBO CMB OR HERBO MMK 1X TOP PIL + YELLOW DROP

Day of return		
	The food	Drinking
Arrival	HERBO OMEGA OIL + HERBO PROTEÏNE	HERBO RECOVER PLUS + HERBOSOL
D1	HERBO OMEGA OIL + HERBO PROTEÏNE	HERBO RECOVER PLUS + HERBOSOL
D2	YELLOW DROP	

In the intermediate week

Drinking 4 days **HERBO MA** or **HERBOBEETS**, followed by 3 days **HERBO ALR**.