

LONG DISTANCE Building up to a race		
D1	Food: HERBO CONDITION MIX + HERBO OMEGA OIL + HERBO ELITE PIGEON	
D2	Food: HERBO CONDITION MIX + HERBO OMEGA OIL + HERBO ELITE PIGEON	
D3	Food: HERBO CONDITION MIX + HERBO OMEGA OIL + HERBO ELITE PIGEON	
	The food	Drinking
D4		
D5	OPTIMIX + HERBOCHOL PLUS	HERBOSOL + HERBO CMB or HERBO MMK
D6 Basketing	OPTIMIX + HERBOCHOL PLUS	HERBOSOL + HERBO CMB or HERBO MMK 1X SUPERFLIGHT PIL

Day of return		
	The food	Drinking
D1 Arrival	HERBO OMEGA OIL + HERBO PROTEÏNE	HERBO RECOVER PLUS + HERBOSOL
D2	HERBO OMEGA OIL + HERBO PROTEÏNE	HERBO RECOVER PLUS + HERBOSOL
D3	YELLOW DROP	

In the intermediate week

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