

PLAN DE ZBOR CU MATADOR PREMIUM ATHLETIC 2022.

Se recomanda folosirea amestecului Premium Detox cu o saptamana inaintea inceperii concursurilor, pentru optimizarea ficatului si oxigenarea sangelui.

Distanta scurta:

(de la 2 ore de zbor pana la 4 ore).

Hranire:	Dupa zbor:	Luni	Marti	Miercuri	Joi	Vineri	Sambata
Dimineata		Premium Super Start	Premium Athletic	Premium Athletic	½ Athletic. ½ Turbo Fett Extrem	Turbo Fett Extrem	Turbo Fett Extrem
Seara	Premium Super Start	Premium Super Start	Premium Athletic	Premium Athletic	½ Athletic. ½ Turbo Fett Extrem	Turbo Fett Extrem	
Pe hrana	Protein Plus + Omega Öl			Protein Plus + Omega Öl	Backs Omega Plus Öl + Backs Extra Energie	Backs Omega Plus Öl + Backs Extra Energie	
In apa:	7 ml TKK Nature per ltr	7 ml TKK Nature per ltr	7 ml TKK Nature per ltr			Backs Balance 10 ml per ltr	Backs Balance 20 ml per ltr

Distanta medie :

(de la 4 ore de zbor pana la 7 ore).

Hranire:	Dupa zbor	Luni	Marti	Miercuri	Joi	Vineri	Sambata
Dimineata	Putin Super Start	Premium Super Start	Premium Athletic	Premium Athletic	½ Athletic. ½ Turbo Fett Extrem	Turbo Fett Extrem	Turbo Fett Extrem
Seara	Premium Super Start	Premium Super Start	Premium Athletic	Premium Athletic	½ Pr. Reise ½ Turbo Fett Extrem	Turbo Fett Extrem	Cu 3 ore pana la imbarcare Turbo Fett Extrem
Pe hrana	Protein Plus + Omega Öl			Protein Plus + Omega Öl	Backs Omega Plus Öl + Backs Extra Energie	Backs Omega Plus Öl + Backs Extra Energie	
In apa	7 ml TKK Nature per ltr	7 ml TKK Nature per ltr	7 ml TKK Nature per ltr			Backs Balance 10 ml per ltr	Backs Balance 20 ml per ltr

Distanta lunga: (de la 6 ore pana la 8 ore de zbor).

Hranire	Dupa zbor	Luni	Marti	Miercuri	Joi	Vineri	Sambata
Dimineata		Super Start	Premium Athletic	Premium Athletic	½ Athletic. ½ Turbo Fett Extrem	½ Athletic. ½ Turbo Fett Extrem	Turbo Fett Extrem
Seara	Super Start	Super Start	Premium Athletic	Premium Athletic	½ Athletic. ½ Turbo Fett Extrem	Turbo Fett Extrem	Cu 3 ore pana la imbarcare Turbo Fett Extrem
Pe hrana	Protein Plus + Omega Öl			Backs Omega Plus Öl + Backs Protein Plus		Omega Puls Öl + VI-SPU-MIN	
In apa	7 ml TKK Nature per ltr	7 ml TKK Nature per ltr	7 ml TKK Nature per ltr			Backs Balance 10 ml per ltr	Backs Balance 20 ml per ltr

Daca luni dimineata, porumbii s-au refacut bine dupa zbor, hraniti cu Premium Start !

Distanta lunga cu lansare peste 2 zile . (zbor de 6 pana la 8 ore).

Hranire	Dupa zbor	Luni	Marti	Miercuri	Joi	Vineri
Dimineata		Super Start	Premium Athletic	½ Athletic. ½ Turbo Fett Extrem	½ Athletic. ½ Turbo Fett Extrem	½ Athletic. ½ Turbo Fett Extrem
Seara	Super Start	Super Start	Premium Athletic	½ Athletic. ½ Turbo Fett Extrem	½ Athletic. ½ Turbo E Hraniti usor!	Cu 3 ore pana la imbarcare Turbo Fett Extrem
Peste hrana	Protein Plus + Omega Öl		Backs Omega Plus Öl +Backs Protein Plus		Omega Puls Öl + VI-SPU-MIN	Apa curata
In apa:	7 ml TKK Nature per ltr	7 ml TKK Nature per ltr			Backs Balance 10 ml per ltr	Backs Balance 20 ml per ltr

Daca luni dimineata, porumbeii s-au refacut bine dupa zbor, hraniti cu Premium Start !

Vreme caniculara : (de la 6 ore de zbor pana la 8 ore).

Hranire	Dupa zbor	Luni	Marti	Miercuri	Joi	Vineri	Sambata
Dimineata		Super Start	Super Start	Super Start	Premium Super Start	½ Athletic. ½ Turbo Fett Extrem	½ Athletic. ½ Turbo Fett Extrem
Seara	Super Start	Super Start	Super Start	Super Start	½ Athletic. ½ Turbo Fett	½ Athletic. ½ Turbo Fett Extrem	Turbo Fett Extrem
Pe hrana:	Backs Omega Plus Öl + Backs Protein Plus			Backs Omega Plus Öl + Backs Protein Plus		Omega Puls Öl + VI-SPU-MIN	
In apa:	7 ml TKK Nature per ltr	7 ml TKK Nature per ltr	7 ml TKK Nature per ltr			Backs Balance 10 ml per ltr	Backs Balance 20 ml per ltr

Zborul cu puii:

Pentru zborul cu puii, va recomandam sa folositi **Premium Start**

Distanta scurta: (de la 3 pana la 4 ore de zbor).

Hranire	Dupa zbor	Luni	Marti	Miercuri	Joi	Vineri	Sambata
Dimineata		Premium Start	Premium Start	½ Premium Start ½ Athletic	½ Premium Start ½ Athletic	Turbo Fett Extrem	Turbo Fett E sau Boarding Mix
Seara	Premium Start	Premium Start	Premium Start	½ Premium Start ½ Athletic	½ Premium Start ½ Athletic	Turbo Fett Extrem Pe saturate	
Peste hrana	Backs Omega Plus Öl + Backs Protein Plus				Backs Omega Plus Öl + Backs Extra Energie	Backs Omega Plus Öl + Backs Extra Energie	
In apa:	7 ml TTK Nature per ltr	7 ml TTK Nature per ltr	7 ml TTK Nature per ltr			Backs Balance 10 ml per ltr	Backs Balance 20 ml per ltr

Distanta medie: (de la 4 ore pana la 6 ore).

Hranire	Dupa zbor	Luni	Marti	Miercuri	Joi	Vineri	Sambata
Dimineata		Premium Start	Premium Start	½ Athletic. ½ Turbo Fett Extrem	½ Athletic. ½ Turbo Fett Extrem	Turbo Fett Extrem	Turbo Fett E sau Boarding Mix
Seara	Premium Start	Premium Start	Premium Start	½ Athletic. ½ Turbo Fett Extrem	½ Athletic. ½ Turbo Fett Extrem	Turbo Fett Extrem Pe saturate	La pranz putin Boarding Mix
Peste hrana	Omega Plus Öl Protein Plus.			Backs Omega Plus Öl + Backs Protein Plus	Backs Omega Plus Öl + Backs Extra Energie	Backs Omega Plus Öl + Backs Extra Energie	
In apa:	7 ml TTK Nature per ltr	7 ml TTK Nature per ltr	7 ml TTK Nature per ltr			Backs Balance 10 ml per ltr	Backs Balance 20 ml per ltr

In perioade foarte calde: Dati vinerea Backs Elektrolyt lichid in apa.

Zborul cu female vaduve:

Distanta scurta:

(2 pana la 4 orde de zbor)

Hranire	Dupa zbor	Luni	Marti	Miercuri	Joi	Vineri	Sambata
Dimineata:	Putin Super Start	Super Start	Super Start	Super Start	½ Super Start ½ Athletic	Turbo Fett Extrem	Turbo Fett Extrem
Seara:	Super Start	Super Start	Super Start	Super Start	½ Super Start ½ Athletic	Turbo Fett Extrem Pe saturate	
Peste hrana:	Protein Plus Omega Plus Öl				Backs Omega Plus Öl + Backs Extra Energie	Backs Omega Plus Öl + Backs Extra Energie	
In apa:	7 ml TKK Nature per ltr	7 ml TKK Nature per ltr	7 ml TKK Nature per ltr			Backs Balance 10 ml per ltr	Backs Balance 20 ml per ltr

Distanta medie

(de la 4 ore la 7 ore de zbor)

Hranire:	Dupa zbor	Luni	Marti	Miercuri	Joi	Vineri	Sambata
Dimineata	putin Super Start	Super Start	Super Start	Super Start	½ Athletic ½ Turbo Fett Extrem	Turbo Fett Extrem	Turbo Fett Extrem
Seara	Super Start	Super Start	Super Start	Super Start	½ Athletic ½ Turbo Fett Extrem	Turbo Fett Extrem Pe saturate	Cu 3 ore inainte Turbo Fett Extrem
Pe hrana:	Backs Omega Plus Öl + Backs Protein Plus			Backs Omega Plus Öl + Backs Protein Plus	Backs Omega Plus Öl + Backs Extra Energie	Backs Omega Plus Öl + Backs Extra Energie	
In apa:	7 ml TKK Nature per ltr	7 ml TKK Nature per ltr	7 ml TKK Nature per ltr			Backs Balance 10 ml per ltr	Backs Balance 20 ml per ltr

Distanta lunga:

(de la 6 pana la 8 ore de zbor).

Hranire:	Dupa zbor	Luni	Marti	Miercuri	Joi	Vineri	Sambata
Dimineata:	putin Super Start	Super Start	Super Start	Super Start	½ Athletic ½ Turbo Fett Extrem	½ Athletic ½ Turbo Fett Extrem	Turbo Fett Extrem
Seara:	Super Start	Super Start	Super Start	Super Start	½ Athletic ½ Turbo Fett Extrem	Turbo Fett Extrem satt füttern	Cu 3 ore pana la imbarcare Turbo Fett
Peste hrana:	Omegas Öl Protein Plus			Backs Omega Plus Öl + Backs Protein Plus		Omega Puls Öl + Vi-SPU-MIN	
In apa:	7 ml TKK Nature per ltr	7 ml TKK Nature per ltr	7 ml TKK Nature per ltr			Backs Balance 10 ml per ltr	Backs Balance 20 ml per ltr

Mult succes!

Echipa Matador