

**SPRINT MIDDLE DISTANCE** (1 night basket, at Sunday's unloading, everything moves up 1 day)

TO FEED	AFTER THE FLIGHT	SUNDAY	MONDAY/TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN THE MORNING	Relax N°183	Relax N°183	Relax N°183	½ Relax N°183 ½ Dynamik N°184 ***	Dynamik N°184 ***	Dynamik N°184 ***
IN THE EVENING	Dynamik N°184 ***	Relax N°183	Relax N°183	½ Relax N°183 ½ Dynamik N°184 ***	Dynamik N°184 Feed full bowl ***	
ON THE FEED	Endurance+	BronchoStar	Endurance+	E-boosters	E-boosters	
	Oil		BronchoStar	Oil	Oil	
DRINKING WATER	HYP100					HYP100

\*\*\* = Premium Power Dynamik N°184 OR Premium Power Sport N°187

**LONG DISTANCE AND MARATHON - The week of returning home**

TO FEED	DAY BEFORE THE FLIGHT	DAY 1 AFTER HOMECOMING	DAY2	DAY 3	DAY 4 AND UP TO 3 DAYS BEFORE THE NEXT BASKETING
IN THE MORNING		½ Dynamik N°184 ½ Kweek N°182	Relax N°183	Relax N°183	Relax N°183
IN THE EVENING	½ Dynamik N°184 ½ Kweek N°182	½ Dynamik N°184 ½ Kweek N°182	Relax N°183	Relax N°183	Relax N°183
ON THE FEED	Endurance+	Endurance+	Endurance+	Endurance+	BronchoStar
	Oil	Oil	BronchoStar	BronchoStar	
DRINKING WATER	HYP100	HYP100			

**HALF AND INTENSE MIDDLE DISTANCE** (2 nights basket)

TO FEED	AFTER THE FLIGHT	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
IN THE MORNING	Relax N°183	Relax N°183	Relax N°183	½ Relax N°183 ½ Dynamik N°184	Dynamik N°184	Dynamik N°184
IN THE EVENING	½ Dynamik N°184 ½ Kweek N°182	Relax N°183	Relax N°183	½ Relax N°183 ½ Dynamik N°184	Dynamik N°184 Do not feed full bowl	In the afternoon Top Energy N°35
ON THE FEED	Endurance+	BronchoStar	Endurance+	Endurance+	E-boosters	E-boosters
	Oil		BronchoStar	BronchoStar	Oil	Oil
DRINKING WATER	HYP100					HYP100

**LONG DISTANCE AND MARATHON - Week of basketing**

TO FEED	DAY 2 BEFORE BASKETING	DAY 1 BEFORE BASKETING	DAY OF BASKETING
IN THE MORNING	Dynamik N°184	Dynamik N°184	Dynamik N°184
IN THE EVENING	Dynamik N°184	Dynamik N°184	In the afternoon Top Energy N°35
ON THE FEED	E-boosters	E-boosters	E-boosters
	Oil	Oil	Oil
DRINKING WATER		HYP100	HYP100