

Long distance

Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
feed	Return	Zell Oxygen + Optimix + Viktus Duif	Zell Oxygen + Optimix + Viktus Duif	Zell Oxygen + Optimix + Viktus Duif		B.M.T + Omega+	Omega + + Omega+
drinking water	Electro Forte or Top-Fit	Electro Forte + Top-Fit	Bronchofit + Vita Duif	Bronchofit + Vita Duif	Bio Duif	Vita Duif	Bio Duif

Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
feed	Zell Oxygen + Optimix	Race Tonic + Optimix	Race Tonic + Optimix	BASKETING			
drinking water	Aminovit + Bio Duif	Aminovit + Vita Duif	Aminovit + Vita Duif	Top-Fit			