



BOB FENECH

FEEDING SCHEDULE - SHORT DISTANCE / SPEED

< 150 MILES, 1 DAY IN BASKET



BOB FENECH



 SPORT	Food	Drinking water
Saturday (homecoming)	100% ENZYMIK 7/48 MS RECUP Give a level spoon straight after the race and repeat in the evening.	Add RELOAD in the water.
Sunday	100% ENZYMIK 7/48 MS RECUP Give a level spoon in the morning and repeat in the evening.	
Monday	100% ENZYMIK 7/48 MS RECUP Give a bigger spoon than you have given the past few days. Give in the morning and the evening.	
Tuesday	100% ENZYMIK 7/48 MS RECUP Slightly more again than the day before. Dampen the food with ENERGY OIL or beetroot juice. Add some CONDITION.	Add RELOAD in the water.
Wednesday	50% ENZYMIK 7/48 MS RECUP + 50% ENZYMIK 7/43 MS BUILD-UP Once again dampen the food and use CONDITION.	Add RELOAD in the water.
Thursday	50% ENZYMIK 7/48 MS RECUP + 50% ENZYMIK 7/43 MS BUILD-UP Both these should be given in the morning and the evening. Heaped spoons should be given.	Add HERBA ZYMA in the water.
Friday	100% ENZYMIK 7/47 MS ENERGY Dampened with ENERGY OIL and add some milk thistle powder.	Give clear water.
Extra	<ul style="list-style-type: none"> > Every 3 weeks you should use a respiratory product on the return of the race for 2-3 days. > Give a Canker treatment after the 1st race for 2-3 days. Only give this once daily. 	



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< 150 MILES & > 250 MILES, 1 DAY IN BASKET



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Extra	<ul style="list-style-type: none"> > Every 3 weeks you should use a respiratory product on the return of the race for 2-3 days. > Give a Canker treatment after the 1st race for 2-3 days. Only give this once daily. 	