

## CHRIS WHITTAKER SCRUM HALF FOR LEINSTER RUGBY CLUB

**WHAT'S YOUR SPORT?** Scrum half for Leinster Rugby Club

**BIGGEST ACHIEVEMENT TO DATE?** Winning the 1999 Rugby World Cup with Australia

**TRAINING SCHEDULE?** I train more than five times a week including general fitness, weights and matches.

### PROVON REVIVE & YOU

**WHEN DID YOU START TAKING THE PROVON REVIVE DRINK?**

Over a year ago

**HOW OFTEN AND WHEN DO YOU TAKE IT?** One sachet within 20 minutes of each training session.

**WHAT BENEFITS DO YOU FEEL?** My body recovers and is ready to train again much faster, I have no muscle pain and my energy levels are excellent.

Record recovery is imperative for today's professional rugby players. The game is faster, harder and the season is longer at 30 games. Players need speed and endurance on the field, but equally, accelerated recovery is fundamental to the modern game. To manage their grueling schedule and intensive training regime, an increasing number of top-flight players have put performance nutrition high on their agenda.

Players have a greater understanding of the role of sports nutrition and, more importantly, a greater expectation of the potential this science has to elevate their game.

Chris Whittaker is no exception, here he shares his views on sports and nutrition.

'I am currently Leinster's scrum-half and have been part of a World Cup winning team. I also have 31 caps for Australia. I train about 5 times a week and compete in league and Heineken Cup games which does not give my body much of a break. As part of my training protocol, I rely on a range of science-based nutritional solutions to reduce fatigue and speed up recovery.



Provon Revive recovery drink is designed specifically for energy-intensive activities such as rugby and it was recommended to me to support the rapid energy renewal that I require. This drink contains a unique combination of carbohydrate and protein which works to replenish the glycogen and amino acids lost during training and playing. The antioxidants and electrolytes help my rehydration. The protein in Provon Revive is whey protein isolate which I can digest easily and helps my muscle mass maintenance.

I have definitely felt the benefits of using Provon Revive such as improved levels of performance, longer periods of sustained high intensity activity and crucially a faster rate of recovery. From a confidence perspective I feel Revive is 100% safe to use and I trust the product quality completely. Each batch of Provon Revive has undergone drug screening at an independent, WADA (World anti-doping agency) and UKAS (United Kingdom Accreditation Service) – approved testing facility.'