

## **LIAM DOLAN** 2006 IRISH LONG DISTANCE TRIATHLON CHAMPION 2007 LEINSTER OLYMPIC DISTANCE TRIATHLON CHAMPION

**WHAT'S YOUR SPORT?** Triathlon

**BIGGEST ACHIEVEMENT TO DATE?** Won Irish long distance Championships and 1st amateur at the International UK 70.3 Half Ironman.

**TRAINING SCHEDULE?** Weekly training from 15 – 20 hours, involving 4/5 swims, 3/4 cycles, 3/4 runs at least 1 weights session

### **PROVON REVIVE & YOU**

**WHEN DID YOU START TAKING THE PROVON REVIVE DRINK?**  
18 months ago

**HOW OFTEN AND WHEN DO YOU TAKE IT?** I take an 80g sachet within 20 minutes after completing exercise, this is the vital recovery window.

**WHAT BENEFITS DO YOU FEEL?** Essential to help me kick start my recovery process with all the essential nutrients my body needs.

Liam Dolan talks about life as a working athlete.

'As you can see it is at the half ironman distance I have had most success but I do eventually plan to step up to the full ironman distance racing. Over a year you can realistically only peak twice so you pick your competitions for these times. The year is structured around training up for the first big event, taking a bit of a rest, then building up for the second.

My diet is kept fairly strict, but at the same time I cannot live like a monk 24/7. I try to ensure I consume a good healthy diet with plenty of fruit and vegetables. Nutritional supplements are vital, when I get in the door from a training session, tired and hungry I want something I can consume with minimal preparation. It needs to have the right nutritional elements, in the right ratios for recovery, for me the answer is Provon Revive. Revive ticks all these boxes and provides what I need quickly and simply.



Having this recovery solution in a convenient format is vital for a working athlete. One of the biggest advantages of being a full time athlete is the time it allows for recovery and sleep. However, working a full time job means getting out of the pool, eating breakfast at my desk and then working 10 hours before my next session. Ensuring I have an effective recovery strategy like using Revive is paramount.

Provon Revive is a convenient, nutritional product with carbohydrate and protein which are excellent for aiding recovery. Having the product ready to go in the sachet and with my shaker means I can consume it as soon as a session or race is over.'

Products like Provon Revive are a convenient nutritional solution which are excellent for aiding recovery. Having one pre-made means it can be consumed as soon as a session or race is over. Getting the nutrition in during that critical 20min time frame after completing exercise is vital to kick start your recovery process. You then have time to stretch, shower, change and have a regular meal.'