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6 time Ironman finisher
Hawaii World Championship finisher
Triathlon Coach

“delta-E: a knockout punch”

I just got back from a little 3 hour ride that was a bit windy, but the sun was out and the temperature was nice. It was the first endurance ride I have gone on since Ironman, Canada. I wasn't really looking forward to this ride because it would be my first day out in the saddle again and the legs would probably be a little soft. But you have to get going again sometime.

As I was getting ready to go, I decided to take a new product that I have been wanting to use while training and racing. It is delta-E.

I took off and watched my heart rate (HR) pretty closely to see how recovered I was. It seemed like it was being responsive so I kept a pretty steady tempo. About 1.5 hours into the ride I was still feeling pretty good so I kept pushing it a little more. For the 2nd 1/2 of the ride my avg. HR was higher than what I race Ironmans, yet I was feeling great and my power output was looking good too. I really couldn't believe it. I kept drinking and eating at my normal interval (even though I should have increased it since my intensity was elevated). So in the last 30 minutes my effort was even greater and I was still feeling great. When I got back my average speed was high (not really an indicator of anything), my HR was a bit higher than normal, and my power output was amazingly high. I know a little bit of this has to do with me being well rested, but I don't think I have ever had a long endurance ride like this where I maintained such a high HR and still felt great at the end. I have to credit that to the benefits of delta-E.

Though I'm looking forward to testing this product more in races and training, after my initial experience I think I might have found an EPO substitute! Athletes would normally not share this type of information with other athletes, but you still have to train folks, and you have to train right for any supplement to its maximum effects. Good training and the right supplements make for a powerful combination. I would recommend delta-E to anyone for enhanced athletic performance

Roger T.