



# TEAM GREENS PLUS™

Top finishes in Sahara,  
Corsica and TransRockies  
Multi-stage events

World-ranked Female with  
over 2,000 miles on foot

*"I compete in some of the most unforgiving environments on the planet, and I never leave home without Greens Plus."*

*Everyday:*  
Original Greens Plus

*Pre-training:*  
Chocolate Energy Bars,  
Omega<sup>3</sup> Chia

*Post-training:*  
Chocolate Protein Bars

NAME	Chrissie Evans
HEIGHT	5'5"
WEIGHT	120 lb
OCCUPATION	Globe-trekking Race Walker



[chrisella@hotmail.com](mailto:chrisella@hotmail.com)

## SUPPLEMENT PROGRAM

## WEEKLY TRAINING SCHEDULE

Running 5x  
Cross-training 5x  
Power Yoga 3x