



# WHY GU?

## TIPS TO HELP YOU PERFORM AT YOUR BEST Half-Marathon Nutrition Plan

### BEFORE YOU START



1

**30 Minutes Before You Start**  
+ Pre hydrate with electrolytes

### GOAL FINISH TIME

1:30

1:45

2:00

2:15

2:30



or



one serv.  
is 8 Chews

1

2

3

4

5



Drink 500 - 900 mls of  
Water Every Hour

### AFTER YOU FINISH



1

Within 30 Minutes  
After Finishing

**ENERGYHYDRATIONRECOVERY**

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