

HALF-MARATHON

21.1 KILOMETRES











NUTRITIONAL NEEDS

GOAL Est. Finish Time	2:30	2:15	2:00	1:45	1:30	1:15
DISTANCE Total KM	21.1	21.1	21.1	21.1	21.1	21.1
AVG. PACE = MIN per KM	7:06	6:24	5:41	4:59	4:16	3:33

FLUIDS (Totals)	1.5-2.2 lt	1.3-1.9 lt	1.2-1.8 lt	1.1-1.5 lt	0.8-1.3 lt	0.7-1.2 oz
> FLUIDS per Hr	0.6-0.9 lt/Hr	0.6-0.9 lt/Hr	0.6-0.9 lt/Hr	0.6-0.9 lt/Hr	0.6-0.9 lt/Hr	0.6-0.9 lt/Hr
ELECTROLYTES (Sodium)	1,250-1,750mg	1,125-1,575mg	1,000-1,400mg	875-1,225mg	750-1,050mg	625-875mg
> SODIUM per Hr	500-700mg per Hr	500-700mg per Hr	500-700mg per Hr	500-700mg per Hr	500-700mg per Hr	500-700mg per Hr
CALORIES	500-625	450-560	400-500	350-440	300-375	250-310
> CALORIES per Hr	200-250/Hr	200-250/Hr	200-250/Hr	200-250/Hr	200-250/Hr	200-250/Hr
AMINO ACIDS	7,500-12,500mg	6,750-11,250mg	6,000-10,000mg	5,250-8,750mg	4,500-7,500mg	3,750-6,250mg
> AMINO ACIDS per Hr	3,000-5,000mg per Hr	3,000-5,000mg per Hr	3,000-5,000mg per Hr	3,000-5,000mg per Hr	3,000-5,000mg per Hr	3,000-5,000mg per Hr

HALF-MARATHON - 13.1 MILES

NUTRITIONAL NEEDS

Each product serving includes:	#Servings	CALORIES	ELECTROLYTES	AMINO ACIDS	FLUIDS (ml)
 100 Calories 50mg Sodium 450mg Amino Acids	X	_____ Calories	_____mg Sodium	_____mg Amino Acids	_____ml
 90 Calories 50mg Sodium 450mg Amino Acids	X	_____ Calories	_____mg Sodium	_____mg Amino Acids	_____ml
 100 Calories 125mg Sodium 1425mg Amino Acids	X	_____ Calories	_____mg Sodium	_____mg Amino Acids	_____ml
 250 Calories 320mg Sodium 1900mg Amino Acids 620 ml Fluids	X	_____ Calories	_____mg Sodium	_____mg Amino Acids	_____ml
 320mg Sodium 473ml Fluids	X	_____ Calories	_____mg Sodium	_____mg Amino Acids	_____ml
 70 Calories 250mg Sodium 620 ml Fluids	X	_____ Calories	_____mg Sodium	_____mg Amino Acids	_____ml
 140mg Sodium	X	_____ Calories	_____mg Sodium	_____mg Amino Acids	_____ml
 620 ml Water	X	_____ Calories	_____mg Sodium	_____mg Amino Acids	_____ml
TOTALS		_____ Calories	_____mg Sodium	_____mg Amino Acids	_____ml

#GUFORIT