



MARATHON TRAINING & NUTRITION PLAN

Below is an example of how many GU units a 10 min/mile runner would need during each week of their marathon training schedule. If you're running slower or faster than a 10 min/mi pace, you'll need to adjust the quantity of GU units. We recommend taking **one Energy Gel 5 minutes before** every run and for runs longer than 60 minutes, take **one Energy Gel every 45 minutes**.

WEEKLY TRAINING MILEAGE

WEEK	M	T	W	TH	F	S	SU
1	Rest	3	4	3	Rest	5	Rest
2	Rest	3	4	3	Rest	9	Rest
3	Rest	3	5	3	Rest	10	Rest
4	Rest	3	5	3	Rest	7	Rest
5	Rest	3	6	3	Rest	12	Rest
6	Rest	3	6	3	Rest	13.1	Rest
7	Rest	3	7	4	Rest	10	Rest
8	Rest	3	7	4	Rest	15	Rest
9	Rest	4	8	4	Rest	16	Rest
10	Rest	4	8	5	Rest	12	Rest
11	Rest	4	9	5	Rest	18	Rest
12	Rest	5	9	5	Rest	14	Rest
13	Rest	5	10	5	Rest	20	Rest
14	Rest	5	8	4	Rest	12	Rest
15	Rest	4	6	3	Rest	8	Rest
16	Rest	3	4	2	Rest	26.2	Rest

RECOMMENDED WEEKLY NUTRITION

Weekly Mileage	GU Gel	ROCTANE Gel	ROC Recovery
15	4	0	0
19	3	2	1
21	3	3	1
18	5	0	0
24	3	3	1
25.1	4	3	1
24	3	3	1
29	4	3	1
32	4	4	1
29	4	3	1
36	5	4	2
33	5	3	2
40	6	4	2
29	4	3	1
21	6	0	0
35.2	3	6	1
430.3 Miles	66 GU Gels	44 ROCTANE Gels	16 Runs followed by ROC Protein Recovery

Use ROCTANE Gels and ROC Protein Recovery

Use GU Gels, Chews or Stroopwafels



26.2 WITH GU

How to GU

- Runs under 60 min: take a GU Unit* 5 minutes before
- Runs over 60 min: take a GU Unit* 5 minutes before and every 45 minutes
- Always hydrate along the way with GU Hydration Drink Tabs (to add electrolytes) or simply use water
- For runs over 10 miles and/or over 90 minutes use ROCTANE Energy Gels for extra Amino Acids and Electrolytes
- After runs over 10 mi and/or over 90 minutes, recover with 20g of Protein from ROCTANE Protein Recovery Drink

Tips for a successful marathon

- Announce your intention publicly to keep you motivated (post on IG and use **#GUFORIT**)
- Drink 2-4 L fluids daily (try adding GU Hydration Drink Tabs for flavor variety)
- Consider running a half marathon event 10 weeks before race day
- Start adding one serving of starchy carbs to each main meal 7 weeks before race day (one serving = fist size)
- Test and train with your race day gear (bottles/vest/socks, etc.) 4 weeks before race day
- The week before, start getting extra 30 min sleep per day if possible

*GU Units =



1 Gel



4 Chews



1 Stroop