



26.2 WITH GU

HOW MANY GELS & HOW OFTEN?

3:00 Pace = 6:51	5 MIN BEFORE START	MILE 6	MILE 13	MILE 21				
3:30 Pace = 8:50	5 MIN BEFORE START	MILE 5	MILE 11	MILE 17	MILE 22			
4:00 Pace = 9:09	5 MIN BEFORE START	MILE 5	MILE 10	MILE 14	MILE 19	MILE 25		
4:30 Pace = 10:17	5 MIN BEFORE START	MILE 4	MILE 9	MILE 13	MILE 17	MILE 22		
5:00 Pace = 11:26	5 MIN BEFORE START	MILE 4	MILE 8	MILE 12	MILE 16	MILE 19	MILE 23	
5:30 Pace = 12:35	5 MIN BEFORE START	MILE 3	MILE 7	MILE 10	MILE 14	MILE 18	MILE 21	MILE 25

How do you GU?



1 Gel

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4 Chews

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1 Stroop

5 MIN BEFORE
EVERY 45 MIN
& HYDRATE ALONG THE WAY