

HALF-MARATHON

13.1 MILES



NUTRITIONAL NEEDS

GOAL Est. Finish Time	2:30	2:15	2:00	1:45	1:30	1:15
DISTANCE Total Miles	13.1	13.1	13.1	13.1	13.1	13.1
AVG. PACE = MIN per Mile	11:26	10:17	9:09	8:00	6:51	5:43

FLUIDS (Totals)	50-75 oz	45-65 oz	40-60 oz	35-50 oz	30-45 oz	25-35 oz
> FLUIDS per Hr	20-30 oz/Hr	20-30 oz/Hr	20-30 oz/Hr	20-30 oz/Hr	20-30 oz/Hr	20-30 oz/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

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Each product serving includes:	#Servings	CALORIES	ELECTROLYTES	AMINO ACIDS	FLUIDS (oz)
100 Calories 50mg Sodium 450mg Amino Acids	X	_____ Calories	_____mg Sodium	_____mg Amino Acids	_____oz
90 Calories 50mg Sodium 450mg Amino Acids	X	_____ Calories	_____mg Sodium	_____mg Amino Acids	_____oz
100 Calories 125mg Sodium 1425mg Amino Acids	X	_____ Calories	_____mg Sodium	_____mg Amino Acids	_____oz
250 Calories 320mg Sodium 1900mg Amino Acids 21 oz Fluids	X	_____ Calories	_____mg Sodium	_____mg Amino Acids	_____oz
320mg Sodium 16 oz Fluids	X	_____ Calories	_____mg Sodium	_____mg Amino Acids	_____oz
70 Calories 250mg Sodium 21 oz Fluids	X	_____ Calories	_____mg Sodium	_____mg Amino Acids	_____oz
140mg Sodium	X	_____ Calories	_____mg Sodium	_____mg Amino Acids	_____oz
21 oz Water	X	_____ Calories	_____mg Sodium	_____mg Amino Acids	_____oz
TOTALS		_____ Calories	_____mg Sodium	_____mg Amino Acids	_____oz

#GUFORIT