

# MARATHON

## 26.2 MILES











### NUTRITIONAL NEEDS

GOAL Est. Finish Time	5:00	4:30	4:00	3:30	3:00	2:30
<b>DISTANCE</b> Total Miles	26.2	26.2	26.2	26.2	26.2	26.2
<b>AVG. PACE</b> = MIN per Mile	11:26	10:17	9:09	8:00	6:51	5:43

<b>FLUIDS</b> (Totals)	100-150 oz	90-135 oz	80-120 oz	70-105 oz	60-90 oz	50-75 oz
> <b>FLUIDS</b> 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
<b>ELECTROLYTES</b> (Sodium)	2,500-3,500mg	2,250-3,150mg	2,000-2,800mg	1,750-2,450mg	1,500-2,100mg	1,250-1,750mg
> <b>SODIUM</b> 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
<b>CALORIES</b>	1,500-2,000	1,350-1,800	1,200-1,600	1,050-1,400	600-750	500-625
> <b>CALORIES</b> per Hr	300-400/Hr	300-400/Hr	300-400/Hr	300-400/Hr	200-250/Hr	200-250/Hr
<b>AMINO ACIDS</b>	15,000-25,000mg	13,500-22,500mg	12,000-20,000mg	10,500-17,500mg	9,000-15,000mg	7,500-12,500mg
> <b>AMINO ACIDS</b> 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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### NUTRITIONAL NEEDS

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	<del>_____oz</del>
 90 Calories 50mg Sodium 450mg Amino Acids	X	_____ Calories	_____mg Sodium	_____mg Amino Acids	<del>_____oz</del>
 100 Calories 125mg Sodium 1425mg Amino Acids	X	_____ Calories	_____mg Sodium	_____mg Amino Acids	<del>_____oz</del>
 250 Calories 320mg Sodium 1900mg Amino Acids 21 oz Fluids	X	_____ Calories	_____mg Sodium	_____mg Amino Acids	_____oz
 320mg Sodium 16 oz Fluids	X	<del>_____ Calories</del>	_____mg Sodium	<del>_____mg Amino Acids</del>	_____oz
 70 Calories 250mg Sodium 21 oz Fluids	X	_____ Calories	_____mg Sodium	<del>_____mg Amino Acids</del>	_____oz
 140mg Sodium	X	<del>_____ Calories</del>	_____mg Sodium	<del>_____mg Amino Acids</del>	<del>_____oz</del>
 21 oz Water	X	<del>_____ Calories</del>	<del>_____mg Sodium</del>	<del>_____mg Amino Acids</del>	_____oz
<b>TOTALS</b>		_____ Calories	_____mg Sodium	_____mg Amino Acids	_____oz

#GUFORIT