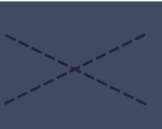
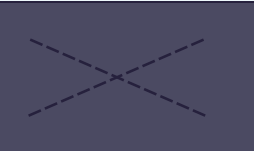


# HALF-MARATHON

## 13.1 MILES



### NUTRITIONAL NEEDS

| NUTRITION Needs                                                                                                                                                              | # HOURS                     | # HOURS                                                                              | # HOURS                                                                               | # HOURS                                                                               | # HOURS                                                                               | # HOURS       |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------|
| GOAL<br>EST. FINISH TIME                                                                                                                                                     | 2:30                        | 2:15                                                                                 | 2:00                                                                                  | 1:45                                                                                  | 1:30                                                                                  | 1:15          |
| AVG. PACE (Speed) X min per Mile                                                                                                                                             | 11:26                       | 10:17                                                                                | 9:09                                                                                  | 8:00                                                                                  | 6:51                                                                                  | 5:43          |
| *#Servings based on the following :                                                                                                                                          | NUTRITIONAL NEEDS ESTIMATES |                                                                                      |                                                                                       |                                                                                       |                                                                                       |               |
| FLUIDS (Totals) X 20-30 oz per Hr                                                                                                                                            | 50-75 oz                    | 45-65 oz                                                                             | 40-60 oz                                                                              | 35-50 oz                                                                              | 30-45 oz                                                                              | 25-35 oz      |
| ELECTROLYTES (Total Sodium) X 500-700mg per Hr                                                                                                                               | 1,250-1,750mg               | 1,125-1,575mg                                                                        | 1,000-1,400mg                                                                         | 875-1,225mg                                                                           | 750-1,050mg                                                                           | 625-875mg     |
| CALORIES (Totals) X 300-400 per Hr                                                                                                                                           | 500-625                     | 450-560                                                                              | 400-500                                                                               | 350-440                                                                               | 300-375                                                                               | 250-310       |
| AMINO ACIDS X 3,000-5,000mg per Hr                                                                                                                                           | 7,500-12,500mg              | 6,750-11,250mg                                                                       | 6,000-10,000mg                                                                        | 5,250-8,750mg                                                                         | 4,500-7,500mg                                                                         | 3,750-6,250mg |
| HALF-MARATHON ~ 13.1 MILES                                                                                                                                                   |                             |                                                                                      |                                                                                       |                                                                                       |                                                                                       |               |
| NUTRITION Plans                                                                                                                                                              |                             |                                                                                      |                                                                                       |                                                                                       |                                                                                       |               |
| Each product serving includes:                                                                                                                                               | #SERVINGS*                  | CALORIES                                                                             | ELECTROLYTES                                                                          | BCAAs                                                                                 | FLUIDS (oz)                                                                           |               |
| <br>ENERGY GELS<br>CALS   SODIUM   BCAAs<br>100   50mg   450mg                            | X _____ =                   | _____ #<br>CALORIES                                                                  | _____ mg<br>SODIUM                                                                    | _____ mg<br>BCAAs                                                                     |  |               |
| <br>ENERGY CHEWS<br>CALS   SODIUM   BCAAs<br>80   40mg   400mg                            | X _____ =                   | _____ #<br>CALORIES                                                                  | _____ mg<br>SODIUM                                                                    | _____ mg<br>BCAAs                                                                     |  |               |
| <br>ROCTANE ENERGY GELS<br>CALS   SODIUM   BCAAs<br>100   125mg   1425mg                  | X _____ =                   | _____ #<br>CALORIES                                                                  | _____ mg<br>SODIUM                                                                    | _____ mg<br>BCAAs                                                                     |  |               |
| <br>ROCTANE ENERGY DRINK<br>CALS   SODIUM   BCAAs   FLUIDS<br>250   320mg   1900mg   21oz | X _____ =                   | _____ #<br>CALORIES                                                                  | _____ mg<br>SODIUM                                                                    | _____ mg<br>BCAAs                                                                     | _____ oz<br>FLUIDS                                                                    |               |
| <br>HYDRATION DRINK TABS<br>SODIUM   FLUIDS<br>320mg   16 oz                              | X _____ =                   |  | _____ mg<br>SODIUM                                                                    |  | _____ oz<br>FLUIDS                                                                    |               |
| <br>ENERGY StroopWafel<br>CALS   SODIUM   BCAAs<br>150   150mg   450mg                    | X _____ =                   | _____ #<br>CALORIES                                                                  | _____ mg<br>SODIUM                                                                    | _____ mg<br>BCAAs                                                                     |  |               |
| <br>ROCTANE ELECTROLYTE CAPS<br>SODIUM<br>140mg                                           | X _____ =                   |  | _____ mg<br>SODIUM                                                                    |  |  |               |
| <br>ROCTANE BCAA CAPS<br>BCAAs<br>1500mg<br>> 2 CAPS = 1 SERVING                          | X _____ =                   |  |  | _____ mg<br>BCAAs                                                                     |  |               |
| <br>WATER BOTTLES<br>FLUIDS<br>21 oz                                                      | X _____ =                   |  |  |  | _____ oz<br>FLUIDS                                                                    |               |
| TOTALS                                                                                                                                                                       |                             | _____ #<br>CALORIES                                                                  | _____ mg<br>SODIUM                                                                    | _____ mg<br>BCAAs                                                                     | _____ oz<br>FLUIDS                                                                    |               |