



# 13.1 WITH GU

## HOW MANY GELS & HOW OFTEN?

<b>1:15</b> Pace = 5:43	5 MIN BEFORE START	MILE 8		
<b>1:30</b> Pace = 6:51	5 MIN BEFORE START	MILE 7		
<b>1:45</b> Pace = 8:00	5 MIN BEFORE START	MILE 5	MILE 11	
<b>2:00</b> Pace = 9:09	5 MIN BEFORE START	MILE 5	MILE 10	
<b>2:15</b> Pace = 10:17	5 MIN BEFORE START	MILE 4	MILE 8	
<b>2:30</b> Pace = 11:26	5 MIN BEFORE START	MILE 4	MILE 8	MILE 12
<b>2:45</b> Pace = 12:35	5 MIN BEFORE START	MILE 3	MILE 7	MILE 10
<b>3:00</b> Pace = 13:43	5 MIN BEFORE START	MILE 3	MILE 6	MILE 10

### How do you GU?



1 Gel



4 Chews



1 Stroop

5 MIN BEFORE  
EVERY 45 MIN  
& HYDRATE ALONG THE WAY