



DURING RACE HYDRATION

Station	Water (70 kg)	Water (50 kg)	Sports Drink	Gels/Bars
1	X	X		
2	X	X		
3	X			
4	X	X		
5	X		X	
6	X			
7	X	X		
8	X	X		
9	X			
10	X		X	
11	X	X		
12	X			
13	X	X		
14	X	X		
15	X		X	
16	X			
17	X	X		
18	X			
19	X	X		
20	X		X	
21	X	X		
22	X	X		

NOT INCLUDED

* An X means consume 1 serving

** One serving is considered a 7 oz. cup filled ½ way.

(At the marathon, these are the cups provided)

	50 kg person	70 kg person
Water Intake	42.0 oz or 1240 mL	77.0 oz or 2280 mL
Gatorade Intake	14.0 oz or 415 mL	14.0 oz or 415 mL
Total Fluid	56 oz or 1655 mL	91 oz or 2690 mL
Calories (fluid)	361.6	361.6
Total Sodium	433 mg	433 mg
Sweat rate (18°C)	0.53 Liters/h	0.79 Liters/h
Sweat rate (28°C)	0.62 Liters/h	0.89 Liters/h
Total Sweat (18°C)	2.25 Liters	3.35 Liters
Total Sweat (26°C)	2.63 Liters	3.78 Liters