
Fill this in after testing in long runs.

Problem	Answer	Problem	Answer
1. Goal time and expected hours on course		4. Gel times or miles	
2. Carbohydrate target per hour (g)		5. Fluid plan and aid-station use	
3. Gel brand, carbs per gel and caffeine		6. Salt / electrolyte plan for heat	

Answer key — Race fuelling plan

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1	Goal time and expected hours on course	
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Notes