

# Run Minnesota

## Grandma's Marathon Fuel Plan – Race Card

### Pre-Race Fuel

Wake-up Time: \_\_\_\_\_

Breakfast (2–3 hrs before): \_\_\_\_\_

30–60 min Before Start: \_\_\_\_\_

### Carb Plan During Race

Carb Target per Hour: \_\_\_\_\_ g/hr

Estimated Finish Time: \_\_\_\_\_ hrs

Total Carb Target: \_\_\_\_\_ grams

### Race Fuel Schedule

Mile 4	_____
Mile 8	_____
Mile 12	_____
Mile 16	_____
Mile 20	_____
Mile 23+	_____

### Fluids & Sodium

Fluid Target per Hour: \_\_\_\_\_ oz

Sodium Target per Hour: \_\_\_\_\_ mg

Plan (aid stations / salt caps / sports drink):  
\_\_\_\_\_

### Backup Plan

If stomach feels off: \_\_\_\_\_

If I miss a gel: \_\_\_\_\_

If it's hotter than expected: \_\_\_\_\_

### Confidence Check

I practiced this plan in long runs: YES / NO

I know exactly what I'm taking and when.

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