

April 24th Country Music Marathon Race Day and 50K day!

5:30	Wake	1 Boost+Coffee, 1 Erin Baker Breakfst Cookie
7:00	Race Start	1 Gu if needed
7:30		1 Gu pack
8:00		1 mini Cliff Bar + 1 Salt Stick Capsule
8:30		1 Gu Pack
9:00		1 Mini Cliff bar + 1 Salt Stick Capsule



48 oz. water
Nuun Tablets
(Mix together in Hydration System)

*******This plan is on a 30 minute system. Set a timer to beep at you as your nutrition minder. Repeat this plan every hour while on bike
Continue 30 minute cycle until completion of distance**

FINISH! Get COLD recovery Drink Smoothie King Choice