

	GRAMS OF CHO PER HOUR, PER POUND OF BODY WEIGHT (CHOG/HR/LB)	GRAMS OF CHO PER HOUR, PER KG OF BODY MASS (CHOG/HR/KG)	CALORIES PER HOUR (KCAL/HR)
RUN NUTRITION	0.3-0.5	0.6-1.0	100-200
BIKE NUTRITION	0.6-0.8	1.3-1.5	150-350

SPEED OF THE ATHLETE (TOTAL RACE TIME)	SUGGESTED NUTRITION STRATEGY FOR CALORIES
SUB 5 HOURS	LIQUID ONLY SOURCES
BETWEEN 5-6.5 HOURS	CAN HAVE SOME SOLIDS, BUT MOSTLY LIQUID CALORIES ARE SUGGESTED
6.5+ HOURS	ATHLETES CAN EAT WHATEVER THEY WANT, ALL SOLIDS ARE FINE