

# Ultramarathon Fueling Timeline

## 50K Race Plan

- Fuel every 30-40 min with gels or chews.
- Sports drink or electrolyte mix every hour.
- Optional banana or sandwich mid-race.
- Adjust fluid intake for heat or elevation.

## 100K Race Plan

- Start with gels and liquid calories for first 3 hours.
- Add real food like PB&J, bananas, or rice balls.
- Electrolyte tabs or salty foods every 1-2 hours.
- Hot soup or broth at night stages if needed.

## 100-Mile Race Plan

- Mix of gels, chews, liquid calories, and real food.
- Caffeinated options in second half of race.
- Use drop bags/crew to rotate flavors and textures.
- Emergency stash: ginger chews, cola, salty crackers.

## Bonus Sections

- Palate Reset Foods: citrus, mint gum, pickles.
- Emergency Fuel: gels with caffeine, sugar tablets.
- Caffeine Strategy: introduce gradually after halfway.