



SALT FOR RUNNERS / HOUSTON, TX

SALT IS SALT.

HERE'S HOW I RACE WITH IT.

One sandwich for steady fuel. One hydration pack for the salt. Thirst sets the total.

THE SANDWICH

- 2 slices sourdough bread
 - 1 tbsp almond butter
 - 1 tbsp red pepper jam
 - A dash of cinnamon
- 1 Spread the almond butter and jam between the slices.
 - 2 Dash cinnamon on the filling, then close.
 - 3 Cut once across and twice down: 6 pieces.
 - 4 Eat 1 piece every 20 to 40 minutes.

THE PACK

Water plus 1 Nuun Sport tablet or a pinch of salt. A sip about every 5 minutes.

- **Nuun Sport:** 300 mg sodium per 16 oz.
- **1/4 tsp salt:** about 575 mg sodium.
- **The sip:** a rhythm, not a quota. Thirst sets the total.

THE MATH

~40 g

CARBS PER SANDWICH

~300 mg

SODIUM PER SANDWICH

~7 g

CARBS PER PIECE

~20 g/hr

1 PIECE EVERY 20 MIN

HOW MUCH AND WHEN

UNDER 60 MIN

Water when thirsty. Your stores cover it.

1 TO 2.5 HOURS

Sodium in your drink or food. Sports drink range: 460 to 690 mg per liter.

PAST 2.5 HRS OR HEAT

About 500 mg sodium an hour, adjusted to you. Carbs 60 to 90 g an hour.

2 HRS BEFORE A HOT RACE

A salty breakfast, or a salty drink sipped over about an hour.

AFTER

Drink 125 to 150% of the fluid you lost, with salty food.

Warning signs of low blood sodium

Headache, nausea, puffy fingers, or confusion late in a race. Stop drinking plain water and get to the medical tent.

THE FORMULA

Sandwich for the base. Pack for the salt. Thirst for the total.