

HYDRATION

BEFORE

- Want to start your long runs hydrated
- Thirst is not a reliable indicator of hydration, try a beverage with sodium (110-275 mg/8 oz) to stimulate thirst

DURING

- Prevent dehydration (losing >2% body weight)
- Need to know your sweat rate to know how much to drink every hour of long run

AFTER

- Top priority is to rehydrate
- If you lost >2% body weight, hydrate appropriately

***Salty sweaters: consume 300-700 mg sodium 2-3 hours before exercise**

SPORTS DRINKS

- Helpful during training sessions that last longer than 60-90 minutes
- Provide small amounts of carbohydrates to fuel your mind and muscles
- Contain sodium to enhance water absorption and retention
- Provide water to replace sweat loss
- Choose the drink you prefer, there are no benefits of one sports drink over another

CALCULATE YOUR SWEAT RATE

- Weigh yourself before and after an hour of training
- Subtract oz of fluid consumed (1 gulp = ~1 oz)
- For every pound (16 oz) lost, you should drink 80-100% of that loss while exercising to stay in optimal fluid balance
- You never want to lose more than 2% of your body weight during long runs

Pre- 60 minute run weight: _____ lbs

Post- 60 minute run weight: _____ lbs

Weight change: _____ lbs

Oz fluids consumed during run: _____ oz
(Subtract from weight change)

Hydration needs: _____ oz/hour

*1 lb = 16 oz