

# HYDRATION GUIDELINES

**GOAL** - prevent excessive dehydration (greater than 2% of body weight from water loss) and excessive changes in electrolyte balance

Pre-hydration		During Exercise *	Post Exercise *
4 hours	5-7 ml/kg body weight	<div>Fixed time schedule every 10 - 20 minutes</div> <ul style="list-style-type: none"><li>.5 – 1 L/hour mild environmental conditions</li><li>Exercise &gt; 60-90 min: 3 to 8 oz of a 6-8% carbohydrate-electrolyte beverage</li></ul>	20 to 24 ounces (2 ½ to 3 cups) of fluids for every pound of body weight lost during training
2-3 hours	17 – 20 oz.		
5-10 minutes	4-8 oz.		
		*Research done on aerobic exercise	

<b>Exercise/Event Duration</b>	<b>Rehydration Needs</b>
< 60 minutes	Water unless: <ol style="list-style-type: none"> <li>1. High intensity exercise,</li> <li>2. Extreme environments, or</li> <li>3. are dehydrated and have low glycogen stores</li> </ol>
60 - 90 minutes	Fluid and electrolyte replacement
90 – 120 minutes	Fluid, electrolyte, CHO replacement
➤ 120 minutes	Fluid, electrolyte, complex carb replacement BCAAs as glycogen stores depleted (really long endurance runs)

Notes:

1. Thirst = approximately 1% loss of body weight for those < 50
2. Fluid replacement beverage
  - a. Provides carbohydrates and electrolytes
  - b. 6% glucose is the optimal concentration for hydration
  - c. Consider if exercise is continuous and lasts longer than 90 minutes

Campbell, B., & Spano, M.

Oppezzo, M.