Fluid Replacement Guidelines

Before Exercise:
- 2 to 3 hours before exercise drink AT LEAST 17-20 oz. of water or sports drink.
- 10 to 20 minutes before exercise drink ANOTHER 7-10 oz. of water or sports drink.

What to drink during exercise:

DRINK EARLY: Even minimal dehydration compromises performance. In general, every 10-20 minutes drink AT LEAST 7-10oz of water or sports drink. To maintain hydration, remember to drink BEYOND thirst. Optimally, drink fluids based on amount of sweat and urine loss.

What NOT to drink during exercise:
- Fruit juices, carbohydrate gels, sodas and sports drinks that have carbohydrate levels greater than 8% are not recommended as sole beverages.
- 8% carbohydrate is a warning sign—replacing fluids with a beverage that is less than 8% carbohydrate would be optimal to assure the fastest rate of fluid absorption.
- Beverages containing caffeine, alcohol and carbonation are discouraged during exercise because they can dehydrate the body by stimulating excess urine production, or decrease voluntary fluid intake.

After Exercise:
- Immediately after training or competition is the key time to replace fluids. Weigh yourself before and after exercise. Research indicates that for every pound of weight lost, athletes should drink at least 20 oz. of fluid to optimize rehydration. Sports beverages are an excellent choice.

Other Helpful Hints:
- Use the shade before practice and during breaks. Even during rest, exposure to heat can raise the body temperature, increase fluid loss and decrease the blood available to the muscles during workouts.
- Wear loose fitting clothing. Cotton blend, loose fitting clothing can help promote heat loss. The rule: the less clothing, the better.

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