

# 2014 CAP CITY

5K, Quarter &  
Half Marathon

May 3rd, 2014

## Training Tips



### Week 4: Hydration

Staying hydrated is essential for everyone, but athletes have an even greater need to maintain proper hydration. Water is the most important nutrient for life and has many important functions including regulating temperature, lubricating joints and transporting nutrients and waste throughout the body.

Staying hydrated is particularly important during exercise. Adequate fluid intake is essential to comfort, performance and safety. The longer and more intensely you exercise, the more important it is to drink the right kind of fluids. Dehydration may lead to muscle cramps, dizziness, fatigue and more serious conditions such as heat exhaustion and heat stroke.

#### Common Causes of Dehydration In Athletes

- Inadequate fluid intake
- Excessive sweating
- Failure to replace fluid losses during and after exercise
- Exercising in dry, hot weather
- Drinking only when thirsty

#### Hydration Needs for Athletes

Because there is wide variability in sweat rates, losses and hydration levels, the amount of water you need to drink will vary from person to person. There are, however, two simple methods of estimating adequate hydration:

- **Monitoring urine volume output and color.** A large amount of light colored, diluted urine probably means you are hydrated; dark colored, concentrated urine probably means you are dehydrated.
- **Weighing yourself before and after exercise.** Any weight lost is likely from fluid, so try to drink enough to replenish those losses. Any weight gain could mean you are drinking more than you need.

#### How Athletes Lose Water

- **Temperature.** Exercising in the heat increases fluid losses through sweating and exercising in the cold can impair your ability to recognize fluid losses and increase fluid lost through respiration. In both cases it is important to hydrate.

- **Sweating. Some athletes sweat more than others.** If you sweat a lot you are at greater risk for dehydration. Again, weigh yourself before and after exercise to judge sweat loss.
- **Exercise Duration and Intensity.** Exercising for hours (endurance sports) means you need to drink more and more frequently to avoid dehydration.

### What about Sports Drinks?

Sports drinks can be helpful to athletes who are exercising at a high intensity for 60 minutes or more. Fluids supplying 60 to 100 calories per 8 ounces helps to supply the needed calories required for continuous performance. It's really not necessary to replace losses of sodium, potassium and other electrolytes during exercise since you're unlikely to deplete your body's stores of these minerals during normal training.

### General Guidelines for Fluid Needs During Exercise

Most athletes can use the following guidelines as a starting point, and modify their fluid needs accordingly.

#### Hydration Before Exercise

Drink about 15-20 fl. oz., 2-3 hours before exercise  
 Drink 8-10 fl. oz. 10-15 min before exercise

#### Hydration During Exercise

Drink 8-10 fl. oz. every 10-15 min during exercise  
 If exercising longer than 90 minutes, drink 8-10 fl oz of a sports drink (with no more than 8 percent carbohydrate) every 15 - 30 minutes.

#### Hydration After Exercise

Weigh yourself before and after exercise and replace fluid losses.  
 Drink 20-24 fl. oz. water for every 1 lb. lost.

#### Sources:

Consensus Statement of the 1st International Exercise-Associated Hyponatremia Consensus Development Conference, Cape Town, South Africa 2005. Clinical Journal of Sport Medicine. 15(4):208-213, July 2005.

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Institute of Medicine. Water. In: Dietary Reference Intakes for Water, Sodium, Chloride, Potassium and Sulfate, Washington, D.C: National Academy Press, pp. 73-185, 2005