

HYDRATION STRATEGIES

Hydration timing

BEFORE

- Hydrate with 16-26 oz. of water or a sport drink.

16oz.
26oz.



DURING

- Provide unlimited access to water.
- Allow athletes to drink as much and as often as they want.
- Allow athletes to drink for the entire break period if they wish.
- Allow access to sports drinks when exercise is greater than 60 minutes or if intensity and heat are raised.

AFTER

- Athlete should consume 16 ounces of fluid for every pound of body weight lost during exercise.
- They should aim to replace fluids in the first two hours after event.
- If comparing pre- and post-event weight is not an option, athletes should monitor urine color and continue drinking fluids until it returns to a 'lemonade' color on a urine chart.