



RACE DAY HYDRATION AND SALT

DAYS LEADING INTO THE RACE

- 2-3 L /day
 - ↳ Fluids come from (beverages, foods, fruits, etc.) This is not simply from drinking water.
- Check your urine color daily.

RACE DAY

- Ingest fluids at least 2-4h before to allow urination before event.
- Drink 17-20 oz. of water or sports drink 2h prior to event.—(If up early enough)
 - ↳ = 500 – 600 mL
- Drink 7-10 oz. 10-20 min immediately before activity to top off fluid reserves.
 - ↳ = 200 – 300 mL
- Pinch of salt or have a salty snack with your 2h beforehand drink.
 - ↳ Pinch of salt is the amount held between thumb and finger.
- Be sure to urinate before event!
- Waiting for the bathroom during the race is time consuming.

Conversion Table

1 kg weight loss = 1 L of fluid
 250 mL = 1 cup = 8 fluid oz.
 1 L = 4 cups = 32 fluid oz.
 1 kg = 2.2 lbs.

DURING RACE HYDRATION

50 kg Person

- Drink 1 serving 2 of every 3 stations
- Drink 1 serving of sport drink every 5th

70 kg Person

- Drink 1 serving every station
- Drink 1 serving of sport drink every 5th

-“Drink when thirsty” will be too late!!

*** One serving is considered a 7 oz. Dixie cup filled ½ way.**

POST-RACE HYDRATION

- Drink about 500 mL after race (up to 1000 mL)
- Drinking equal amounts over a period of time is better than all at once.
- Sodium will replace what was lost from sweat – It will help retain water and stimulate thirst.
- Consume a salty snack (i.e. Pretzels)