

HYDRATION FACT SHEET

HYDRATION

- It is important to hydrate prior to exercise, if not it could impact your performance.
- 5 – 7 ml per kg (ml/kg) body mass of fluids with sodium is recommended approximately 4 hours before exercise.
- Thirst lags behind fluid needs, you may already be dehydrated when thirst is stimulated. Aim to have a hydration plan based on your individual needs to avoid overdrinking or becoming dehydrated.
- When you sweat, you lose more than water. Drinking beverages containing electrolytes helps replace what has been lost to support your exercise.
- Post-exercise, 150% of the amount of fluid lost during exercise should be consumed. A change in body mass of 1kg is the equivalent to 1 liter of fluid loss.
- Rehydrate, replenish and refuel with fluid, electrolytes and carbohydrates after athletic performance.

FUELING

- Success in endurance events is related to adequate carbohydrate energy to fuel muscles.
- In preparation for endurance exercise, athletes could eat up to 6 – 10g carbohydrate per kg body mass per day in the 2 – 3 days prior to exercise. Choose carbohydrate rich meals and snacks in a pattern that works for the athlete.
- For endurance exercise lasting longer than 2.5 hours, 60 – 90g of carbohydrate is recommended per hour of exercise. Athletes are recommended to test their fueling strategies during training.
- In the 4 hours post-exercise, athletes are recommended to consume 1 – 1.2g carbohydrate per kg body mass per hour to recover used energy stores.