



HYDRATION TIPS FOR RUNNERS

- **EVERYDAY**-Drink 50% of your body weight in ounces every day to be adequately hydrated. This does not include exercise. Example: if a person weighed 160 pounds they should be taking in 80 ounces or 10 cups of water a day.

- **THIRST IS NOT A GOOD INDICATOR OF**

HYDRATION. Instead calculate your sweat rate or check the color of your urine.

- **PRE RUN**-2 hours prior to your run,

take in 1 ounce of water for every 10 pounds of body weight. Example: 160-pound person should be taking in 16 ounces of water 2 hours before they run.

- On hot and humid days take in another half of a cup to a full cup of water 15-30 minutes before you begin your run.

- **DURING THE RUN**-every 15-20 minutes take in an additional 5-10 ounces of water for the first hour, alternate with electrolytes after 1 hour.

- **POST RUN**-16-36 ounces, dependent on sweat loss. Watermelon & coconut water are also great post run hydrators.

Watermelon contains L-citrulline, an essential amino acid that helps with muscle recovery. **Watermelon Post-Run**

Recovery Drink: 1cup watermelon, 1cup coconut water, squeeze of a lime, salt to taste. Blend, drink and enjoy!



- **HOW TO CALCULATE SWEAT RATE** - Weigh yourself naked before and after a hard one-hour run. Convert the amount of weight lost to ounces to figure out your sweat rate per hour. A loss of one pound means you sweated about 16 ounces of fluid. Going forward, you would try to replenish fluids at a rate of about 16 ounces per hour. Keep in mind Sweat rate is dependent on acclimation, age, weather, and workout. Everyone is different.

AM I HYDRATED?

Urine Color Chart

1		
2		
3		If your urine matches the colors 1, 2, or 3, you are properly hydrated. Continue to consume fluids at the recommended amounts.
4		If your urine color is below the RED line, you are
5		DEHYDRATED and at risk of cramping and/or a heat illness!
6		YOU NEED TO DRINK MORE WATER!
7		
8		

