HOO’S HYDRATED?

DID YOU KNOW?
• Hydration is a vital factor in determining an athlete’s physiological capacity to train, compete, and recover successfully.
• Sweat is a double-edged sword: it’s your body’s way of cooling down but it can lead to dehydration.
• Even slight dehydration of 1% loss in body weight has a negative effect on physiological performance and function.
• 2-4% loss in body weight = 20% decrease in strength and 40% decrease in aerobic capacity.
• An athlete’s body can react to dehydration in many ways including: higher heart rate, lower blood flow to the skin, and increase in body temperature.

SIGNS OF DEHYDRATION
Thirst • Increasing fatigue • Irritability
Headache • Dizziness • Cramps
Trouble focusing • Hyperthermia
Decrease in athletic performance

THE DEHYDRATION DILEMMA
Athletes can’t always keep up with the amount of fluids and electrolytes lost through sweating during exercise.

HOW TO CORRECT THIS PROBLEM
Aim to replace 100% of the fluid and electrolytes that were lost during exercise.

HYDRATION GAME PLAN
Pre Workout
• Drink 16-20 oz. of water 2-3 hours before athletic performance
• 10-20 minutes before, drink approx. 8 oz. of water or a sports drink like Gatorade

During Workout
• Stay ahead of the game, and drink water or a sports drink before you feel the need to quench your thirst
• Drink 4-6 oz. every rest break
• Quick tip: One gulp = approx. 1 oz.

Post Workout and End Goal
• Drink 20-24 oz. of water or a sports drink (i.e. Gatorade, Powerade) for every pound lost

HYDRATION TIPS

Daily Fluid Intake
• Divide your weight in half. This is the minimal amount of fluid in ounces that you should have on a daily basis. This number does not take into account your daily exercise and sweat amount.
• Daily fluid intake does not include alcohol. In fact after consuming alcohol, you need more water.
• If you have less than 12 hours between intense practices, you may need extra sodium, as just eating normally may not replace all of the electrolytes lost from sweating.


Created by Taylor Levine, UVa Rowing 2013
Designed by Sara Neel, UVa 2015