

# HYDRATION & DEHYDRATION

## Dehydration Prevention

- Begin exercising well hydrated
- Allow for hydration during exercise according to thirst
- Adequate salt intake before the race
- Verify original body weight prior to exercising
- Check urine color - light yellow or amber is desired
- Light color cotton clothing with ability to allow air flow during the race

## Post-race strategies for Dehydration

- Ensure adequate salt intake after the race
- 1 pint of water/carbohydrate solution for every pound lost post-race
- Carbohydrate solutions may be more beneficial for longer endurance events
- Appropriate nutrition post event

