

How Much Should You Drink To Stay Properly Hydrated?



Hydration is important for everyone, but it's especially vital for athletes. Proper hydration can lead to increased performance, improved health, and better energy.

Complete this sweat test to ensure you are staying hydrated during your long workouts and replacing fluids quickly enough to aid in recovery.

Determine Your Sweat Rate

Since individual sweat rates and needs for fluids during exercise are highly variables, use the follow instructions to determine your sweat rate, and how much fluids you will need to consume in order to optimize performance.



Instructions for Sweat Test:

Weigh your self (nude) before your workout.
_____ (lbs) - (1a)

Go for a 30-60 minute run.
_____ (minutes) - (2c)

Record fluid consumed during your workout.
_____ (fl oz) - (B)

Weigh your self (nude) after the run.
_____ (lbs) - (1b)

Convert values for 1a & 1b, 2c

Complete the following equation with your values. This will determine changes in body weight before and after the run.

$$1a - 1b = 1c$$

Every 1 lb (lost) equates to 16 fl oz.

$$1c \times 16(\text{fl oz}) = \text{_____} (\text{fl oz}) (A)$$

Convert duration of workout into hours.

$$\text{Number of minutes} \div 60 (C)$$

Fill out equation, and solve.

$$\text{Sweat Rate} = (A + B) \div C$$

A = Pre-Post weight (converted to fl oz)

B = Fluid consumed during run (fl oz)

C = Exercise duration (hours)

The Sweat Rate number that you calculate can still vary, so experiment with drinking both slightly more and slightly less depending on factors such as weather, duration, and intensity of workout.

However, this should be your baseline number and a guide for how much you should drink per hour during exercise to maximize your performance.

Example: Tim is out to determine his sweat rate in order to get a better sense of his own body's fluid requirements. Tim's weight before the run was 155 lbs, and he recorded a weight of 154.5 lbs after a 60 minute run. Tim also noted that he consumed 8 fl oz of a sports drink for the run.

Calculate Tim's sweat rate:

$$1a = 155 \text{ lbs}$$

$$1b = 154.5 \text{ lbs}$$

$$1c = 0.5 \text{ lbs } (1a-1b)$$

$$A = 8 \text{ fl oz } (1c \times 16)$$

$$B = 8 \text{ fl oz}$$

$$C = 1.0 \text{ (minutes/60)}$$

$$\text{Sweat Rate} = (A + B) \div C \\ (8 + 8) \div (1.0)$$

$$\text{Sweat Rate} = 16 \text{ fl oz/hour}$$

Recommended fluid intake (+/- 4 fl oz):
12-20 fl oz per hour.