

INFORMATION GUIDE

Hydration & Nutrition

DRINK When the weather heats up, we often suggest drinking more water. This is good advice. However, when exercising in hot weather, there are a few additional things to consider.

DON'T OVER-DRINK! In longer workouts, a lot of sweat is lost. Sweat contains both water and **electrolytes** (sodium, calcium, potassium). Both need to be replaced to avoid medical complications. If this is done solely with water, an imbalance may occur—too much water, not enough sodium. To avoid this problem, we suggest the following:

- Drink 16 ounces of fluid **1-2 hours** prior to starting your workout.
- Drink another 8-16 ounces **½ hour** prior to the workout.
- During your workout, drink no more than 1 cup (8-10 ounces) every 15-20 minutes. In a race, aid stations may be closer together than this—you do **not** have to drink at each one.
- Consider using a sports drink (such as Gatorade®/Powerade®) to replenish fluid—it has the **electrolytes** already mixed in.

BE CAUTIOUS about taking anti-inflammatories/NSAIDS (like Motrin®, Advil®, ibuprofen, Aleve®) 24 hours prior to a race. During exercise, the kidneys play a key role in regulating electrolytes to prevent dehydration. NSAIDS affect the kidneys ability to regulate these electrolytes & can cause other medical problems. Taking Tylenol® is suggested.

EAT Most athletes don't fully consider their nutritional requirements when participating in athletic events. Some things to consider:

- Don't wait until you're hungry before you eat during an athletic event.
- Train your body to take in & digest foods during the activity.
- Consider a salty snack an hour before your event.
- Bring electrolytes into the system 1 hour before and also 30 mins before activity.
- A good rule of thumb is to take in about 100 calories every 15-20 minutes.
- Depending on the distance or time of your event or activity, some good products include but are not limited to:
 - Cliff® shots.
 - Gu®/Accel® gels.
 - Jelly Belly® Electrolyte beans.
 - Cliff®/Powerade® bars.*(DO NOT eat the whole bar - chop up into bite size pieces of about 40-60 cal)*

Drink Well, Eat Well, Race Well!