



# Fluid Tips for Training & Competition

	<b>Endurance Sports</b> Long distance running, Swimming, Cycling, Cross country skiing	<b>Power Sports</b> Football (offensive & defensive lineman) Field events Weight-lifting Sprinting (run or swim)	<b>Stop &amp; Go Sports</b> Team sports (Basketball, Volleyball, Soccer, Tennis), Football (other than OL & DL), Boxing, Wrestling
2 hours before Exercise	<b>16 ounces (2 cups)</b> of cool fluid		
15 - 20 minutes before Exercise	<b>8 to 16 ounces (1 - 2 cups)</b> of cool fluid Weigh yourself to get your pre-exercise weight		
During Exercise  <b>CHO = carbohydrate</b>	<b>If exercise &lt; 60 minutes</b>  - Drink <b>6 - 12 ounces</b> of cool water every 15 - 20 minutes - Take small sips throughout 15 - 20 minutes	<b>If exercise &gt; 60 minutes</b>  - Drink <b>6 - 12 ounces</b> of cool fluid every 15 - 20 minutes with 4-8% CHO solution, and 0.5-0.7 g of sodium/Liter (Commercial Sports Drinks) - Take small sips throughout 15 - 20 minutes	- Sip cool water between competition sets (trials, plays, etc.) - Aim for drinking <b>2½ - 6 cups</b> of water each hour
			<b>If exercise &gt; 60 minutes total</b>  - Drink <b>6 - 12 ounces</b> of cool water every 15 - 20 minutes - Take small sips throughout 15 - 20 minutes
After Exercise	Weigh yourself to get your post-exercise weight Subtract post-exercise weight from pre-exercise weight=Water weight loss For every pound of water weight loss, drink 3 cups of cool fluid Example: Pre-exercise weight: 145 lbs Post-exercise weight: 143 lbs <b>Water weight loss = 2 pounds = 6 cups ( 48 ounces) of cool fluid</b>		
	- Drink cool water with immediate post-exercise meal or snack - Drink cool sports beverage, or CHO and sodium containing drink, if no immediate post-exercise meal or snack - Choose a drink with a small amount of protein ( 4-8 gm) if unable to have a snack with protein with your drink	- Drink cool water with immediate post-exercise meal or snack - Choose a drink with a small amount of protein ( 4-8 gm) if unable to have a snack with protein with your drink, try low-fat chocolate milk.	<b>If exercise &lt; 60 minutes total</b>  - Drink <b>6 - 12 ounces</b> of cool fluid every 15 - 20 minutes with 4-8% CHO solution, and 0.5-0.7 g of sodium/Liter (Commercial Sports Drinks) - Take small sips throughout 15 - 20 minutes
	- Carry a water bottle with you and drink from it often - Drink water with all meals - Look for a pale yellow colored urine to indicate you are hydrated - Drink before, during, and after exercise	- Eat fluid-rich fruits and vegetables - Replace sodium lost through sweating after practice/competition by snacking on salty foods and/or drinking a sports beverage with salt.	

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