



Hydration + Running

Hydration is one of the easiest ways to improve your running performance!

Adequate Hydration can;

- Improve your ability to recover quickly from training and competition
- Minimize muscle cramps
- Avoid early onset of fatigue
- Support effective immune defences
- Enhance mental function, decision making and concentration
- Enhance the body's ability to regulate temperature and cool efficiently while avoiding unnecessary elevation in heart rate

How much should I drink?

Aim for 35ml per kg of body weight. For example, if you weigh;

60kg (60kg x 35ml) = 2100ml each day

70kg (70kg x 35ml) = 2450ml each day

80kg (80kg x 35ml) = 2800ml each day

90kg (90kg x 35ml) = 3150ml each day

Running will increase these daily requirements. Fluid needs will vary from athlete to athlete depending on body weight, exercise and environmental conditions.

When training, use the table below as a guide to maintain hydration. There is no “one size fits all approach,” practice this on training days to see what works for you.

Hydration Schedule	
2 hours before exercise	500ml
Every 15 minutes during exercise	150-300 ml
After exercise	Every 1 kg weight loss= 1 litre

Dehydration in athletes may lead to fatigue, headaches, increase in core temperature, decreased co-ordination, nausea and muscle cramping.

Watch out for the following symptoms which may indicate dehydration;

- Thirst
- Dry mouth
- Feeling fatigued or sluggish
- Headaches
- Muscle cramps
- Nausea
- Fatigue



Top Hydration Tips

- Always start exercise hydrated to lower the risk of becoming dehydrated during exercise, listen to your body and drink when thirsty.
- Aim for pale-yellow coloured urine as a useful sign of adequate hydration (use the chart below).
- Avoid drinking excessive amounts of fluid before and during exercise as this can lead to increased urination and gastrointestinal upset.
- Weigh yourself pre and post training, drink 1L for every kg lost.

1		Good
2		Good
3		Fair
4		Dehydrated
5		Dehydrated
6		Very dehydrated
7		Severe dehydration