

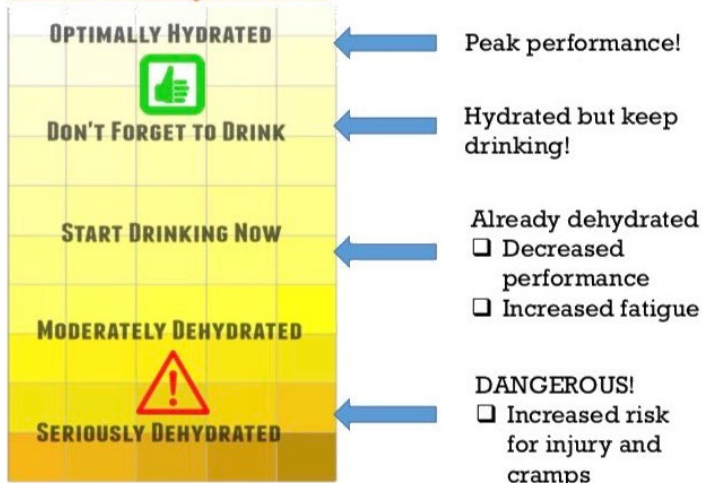


HYDRATION

When	How Much
Before Practice/Race	1/2 of water bottle 2 to 3 hours before
After Practice/Race	1 Water bottle for every 2 pounds lost



What color is your PEE?



Tips:

- Hydrate before and after every workout.
- Before = Water
- After = Sports drink, chocolate milk, etc
- Carry your water bottle with you throughout the day.
- Take sips from your water bottle every 15 minutes.
- Drink at least 1/2 your body weight in ounces per day.
 - Ex: 150lb runner must drink at least 75ounces during the day.
- Keep track of your weight before and after workouts to help monitor your hydration levels.
- Replace every pound that you lose in workouts/races with approximately 20 ounces of fluid.

Oswego East Distance Sleep Chart

Wake Up Time	5:30am	6:00am	6:30am	7:00am	7:30am	8:00am	8:30am
Unacceptable	10:00 PM	10:30 PM	11:00 PM	11:30 PM	12:00 AM	12:30 AM	1:00 AM
Needs Improvement	9:45 PM	10:15 PM	10:45 PM	11:15 PM	11:45 PM	12:15 AM	12:45 AM
Acceptable	9:30 PM	10:00 PM	10:30 PM	11:00 PM	11:30 PM	12:00 AM	12:30 AM
Good	9:00 PM	9:30 PM	10:00 PM	10:30 PM	11:00 PM	11:30 PM	12:00 AM
Great	8:30 PM	9:00 PM	9:30 PM	10:00 PM	10:30 PM	11:00 PM	11:30 PM
High Performer	7:45 PM	8:15 PM	8:45 PM	9:15 PM	9:45 PM	10:15 PM	10:45 PM
Champion	7:30 PM	8:00 PM	8:30 PM	9:00 PM	9:30 PM	10:00 PM	10:30 PM