



# 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.