Hydration

Sweat losses of as little as 2-3% of body weight can decrease muscle endurance and strength. In an endurance cycling event it is important to maintain hydration as much as possible to prevent declines in power, strength and endurance. A good goal is to attempt to drink enough to limit the body weight loss to less than 1-2 % of its pre workout/event value.

Hydration	Pre-Workout/Event	During/Workout/Event	After-Workout/Event
Amount	1 ounce/10 pounds of body weight (8-12 ounces)	8-12 ounces	20-24 ounces/pound of body weight lost
Timing	2-4 hours prior	Every 15-20 minutes	Following every workout
Notes	Drink additional if thirsty or urine is dark	Calculate sweat rates to individualize your hydration plan	Drink until urine is clear to straw in color

*Sweat rate = [(Change in body weight lbs (Pre-Post) * 16 + Fluid intake oz)] / Hours

Pre-Workout Hydration

It is best to start a workout or event adequately hydrated. It is more difficult to make up a hydration deficit while actively increasing sweat losses. The best method to monitor is maintaining urine color (clear to straw in color).

During Workout Hydration

Practice your event hydration to know what works for you and if anything needs to be adjusted prior to the day of. There is no set amount that you can be told to drink as everyone sweats at different rates according to a variety of personal and environmental factors. Most cyclists record rates of 13-27 ounces per hour giving a very wide range. The best method for assessing appropriate fluid intake to maintain hydration during long events is to calculate your sweat rate so that you may know how many ounces per hour to drink.

Use a cool beverage that is palatable and provides carbohydrates for events lasting longer than 1 hour. Sports drinks with sodium will also promote fluid retention and help maintain the drive to drink fluids during your event. Drinking throughout an event will help to maintain a higher rate of stomach emptying versus slowed stomach emptying thus possibly causing GI distress or slowed absorption.

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