

# HYDRATION PLAN

This worksheet is designed to give general advice. If you have a specific condition or concern or are unsure how to improve your eating habits, please see a Certified Athletic Trainer. Please be aware that the term “fluids” means water or sports drink.

## PRE EVENT MEAL:

You should eat a well-balanced meal 2-3 hours before your activity.

## PRE EVENT FLUIDS:

- 17-20 ounces (500mL) of fluid should be consumed 2 hours before exercise (practice or competition) in hot and/or humid environment.
- 7-10 ounces (200-300mL) of fluid should be consumed 10-20 minutes before exercise.

## DURING YOUR EVENT:

- Based on your sweat rate, cool fluid should be consumed every 20-30 minutes of exercise. In events less than one hour, water is preferred. In events longer than one hour of continued activity (marathon race, etc.), a carbohydrate solution (Gatorade, PowerAde) is preferred.

## AFTER YOUR EVENT:

- You should restore fluid deficits within 1-2 hours after exercise.
- 125-150% of your fluid losses should be regained over a period of 4-6 hours after exercise.
- Include carbohydrates (granola bars, pretzels, pasta, breads, etc.) in your post exercise snack or meal.

## IN GENERAL:

- Athletes should consume a well-balanced diet, which includes:
  - 6-12 (depending on gender) of starches (breads, whole grains, rices, potatoes, etc)
  - 3-4 servings of dairy
  - 4 servings of fruit per day
  - 5 servings of vegetables per day
  - 15% of your total calories should come from protein
  - Less than 20% of your total calories should come from fat
- Athletes should get 6-8 hours of quality rest per night.
- Your urine color should be clear to pale yellow on a daily basis. If it is darker, you are probably dehydrated.
- Athletes should avoid caffeine, alcohol and carbonated beverages. Fruit juice is not a preferred fluid for rehydration. Water and/or sports drinks are better choices.