

Pre-Workout & Competition Hydration Guidelines



Two Hours Before the Workout

- Drink one to two cups of water about two hours before practice. This gives the water plenty of time to enter your bloodstream and allows time for you to excrete any excess.
- Before competitions, this water can often be taken during the pre-competition meal.

Immediately Before Practice

- Drink one-half to one cup of water, depending on how much you can tolerate: Although you may not like the feeling of water sloshing around in your stomach, most athletes quickly learn to tolerate this feeling.
- In very hot or cold conditions, drink 1 1/2 to 2 1/2 cups of water immediately before practice.

During Exercise

- Try to drink one-half to one cup of water every 15-20 minutes during exercise—whether you feel thirsty or not.
 - If the practice/competition lasts longer than one hour, you can add some carbohydrate to your fluids to maintain energy levels—sports drinks do a good job of this. However, there's little advantage to taking carbs in exercise sessions of less than one hour.



After Exercise

- Drink lots to replace the water you've lost during the workout/competition— a good estimate is two cups for every pound of body weight lost during the workout. You may wish to drink carbohydrate drinks to replace the carbs you've lost.