



Hydration: Drinking is Important!

Good nutrition starts with good **HYDRATION**.

Hydration = Fancy pants word for DRINK YOUR WATER!

Lack of hydration causes fatigue. When you train, your muscles will give out much sooner if you are dehydrated. And you'll get a headache. And your pee will be darkish yellow, and you'll start shriveling up like a prune. There. Enough to convince you to drink?

Drink in the morning, drink in the day, drink in the evening (but not so much that you have to get up to pee.....) and drink again each time you think about it.

When's the best time to hydrate??? BEFORE your training starts! Let's all try to drink at least 8 cups of water, perhaps 10, add at least 2 cups for each hour of training.

Do you have any idea how much you drink?

Take a couple of days and monitor your water intake. You may count juice, sparkling and flavored water, tea, and yes – coffee. But not soda. Soda is bad – and leaches too much from your system to do any good for you.

If you drink caffeinated beverages you must realize that caffeine is a diuretic. That means caffeine TAKES water out of your cells and gets rid of it for no good reason whatsoever.

Caffeine Addicts: you must drink 2 cups of water for each cup of caffeinated beverage.

Now, if you are still reading this, here is some more science for you.

Sweat Rate: the rate at which you sweat! How do you know your sweat rate?

Weigh yourself naked, get dressed and go train for 1 hour at average intensity. Document the fluid oz you drink. Weigh yourself again naked after. The weight you lost minus your water consumption is your sweat rate.

Replace this plus 10% for each training session.

WARNING! Dehydration is dangerous

Here are some warning signs that you are dehydrated during training:

- You feel continuously thirsty but can't get enough to drink
- You stop sweating – skin feels dry although clothing can still be wet. Feel your skin.
- You feel cold even when it's warm or you are working hard
- You get dizzy
- You feel you can't go on – we call it “bonking” and just want to sit down and stop.

If you have these symptoms, stop training, tell someone right away so they can stay with you. Get water and add some salt or electrolytes to your water. Salt packs from the nearest fast food chain work great.

ELECTROLYTES: most of us need electrolytes when we train long, it is hot, or we are naturally heavy or “salty” sweaters. Sodium, potassium, magnesium combination products are best. Try for 200mg/hour of training. If your fatigue is increasing but you have enough fuel, add electrolytes. Doubled for hot days.

I am not a nutritionist, but these are guidelines from scientific literature and general good practice. Endurance athletes training for an Olympic, Half or IM and runners training for Half or Marathon must incorporate electrolytes into each and every training. In your fuel replacement product or as a supplement, be sure you are meeting your personal needs.