

Athletes and Fluids

An athlete can sweat away as much as 6 cups of body fluid in one hour of competition. This amount can double in hot humid weather. Losing just 1-2 percent of body weight can cause a loss of concentration, coordination strength and stamina (150 lb. athlete = 1 ½ -3 lbs).

Athletes should drink 2 cups of water 2 hours before the event PLUS 1-2 cups of water or sports drink 5-15 minutes before the event.

During an event, athletes should drink ½ cup or more of a cool fluid every 15-20 minutes. If the event is less than 60 minute, drink water. If the event is longer than 60 minutes, drink a sports drink.

Athletes should weigh themselves before and after an event. Then they need to drink 2 cups of fluid for every pound lost as quickly as they comfortably can.

Source: ISU Extension N-3411, Homemade sports drinks