### Fluid Tips for Training & Competition

#### Endurance Sports
- Long distance running,
- Swimming,
- Cycling,
- Cross country skiing

#### Power Sports
- Football (offensive & defensive lineman)
- Field events
- Weight-lifting
- Sprinting (run or swim)

#### Stop & Go Sports
- Team sports (Basketball, Volleyball, Soccer, Tennis),
- Football (other than OL & DL), Boxing, Wrestling

<table>
<thead>
<tr>
<th>Time before Exercise</th>
<th>Endurance Sports</th>
<th>Power Sports</th>
<th>Stop &amp; Go Sports</th>
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</thead>
<tbody>
<tr>
<td>2 hours before</td>
<td>16 ounces (2 cups) of cool fluid</td>
<td>- Drink 6 - 12 ounces of cool fluid every 15 - 20 minutes with 4-8% CHO solution, and 0.5-0.7 g of sodium/Liter (Commercial Sports Drinks) - Take small sips throughout 15 - 20 minutes</td>
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<td>15 - 20 minutes before Exercise</td>
<td>8 to 16 ounces (1 - 2 cups) of cool fluid</td>
<td>- Sip cool water between competition sets (trials, plays, etc.) - Aim for drinking 2½ - 6 cups of water each hour</td>
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**During Exercise**

- **CHO = carbohydrate**
  - **If exercise < 60 minutes**
    - Drink 6 - 12 ounces of cool water every 15 - 20 minutes
    - Take small sips throughout 15 - 20 minutes
  - **If exercise > 60 minutes total**
    - Drink 6 - 12 ounces of cool water every 15 - 20 minutes with 4-8% CHO solution, and 0.5-0.7 g of sodium/Liter (Commercial Sports Drinks)
    - Take small sips throughout 15 - 20 minutes

**After Exercise**

- Weigh yourself to get your post-exercise weight
- Subtract post-exercise weight from pre-exercise weight = Water weight loss
- For every pound of water weight loss, drink 3 cups of cool fluid
- Example: Pre-exercise weight: 145 lbs
- Post-exercise weight: 143 lbs
- Water weight loss = 2 pounds = 6 cups (48 ounces) of cool fluid

- Drink cool water with immediate post-exercise meal or snack
- Drink cool sports beverage, or CHO and sodium containing drink, if no immediate post-exercise meal or snack
- Choose a drink with a small amount of protein (4-8 gm) if unable to have a snack with protein with your drink

**Carry a water bottle with you and drink from it often**
- Drink water with all meals
- Look for a pale yellow colored urine to indicate you are hydrated
- Drink before, during, and after exercise
- Eat fluid-rich fruits and vegetables
- Replace sodium lost through sweating after practice/competition by snacking on salty foods and/or drinking a sports beverage with salt.