

Keep the following tips in mind when creating your fueling & hydration strategy:

Fluid: In general, plan to drink 2-8 ounces of fluid every 20 minutes. Use the *Sweat Rate Worksheet* to customize your hydration schedule.

Electrolytes: When heavy sweat loss is expected, sodium intake of 1 gram per hour may be necessary. Include sports drinks and snacks that contain salt throughout your event. Consult the *Sweat Rate Worksheet* to better assess your sodium needs.

Carbohydrates: Consume approximately 25-60 grams of carbohydrates per hour for exercise lasting up to three hours. Consume as much as 90 grams of carbs per hour for activity lasting longer than 3 hours. Use several carb types (like glucose and fructose) for maximum absorption and alternate between fuel types, like pretzels or chips and gels to increase palatability. Solids are generally tolerated better early in the event while liquids are tolerated better later in the event. Choose products that are low in fat and fiber.

Recovery Fuel: 20 grams of protein + 30 grams of carbohydrates within 45 minutes of exercise.

Recovery Fluid: Consume 150% of weight loss in fluids within 6 hours after exercise (If there is a 2-pound body weight loss, drink 48 ounces of fluid).

For a list of recommended hydration drinks, carbohydrate sources, and recovery options see:

- ✓ *Top Grab & Go Sports Products*
- ✓ *Top DIY Sports Products*



Example:

Time in minutes into event	First Hour	Second Hour	Third Hour
20 minutes	2-8 oz water	2-8 oz water	2-8 oz water
40 minutes	2-8 oz sports drink	2-8 oz sports drink	2-8 oz sports drink
60 minutes	1 gel + 2-8 oz water	1 oz pretzels + 2-8 oz water	1 gel + 2-8 oz water

Your Turn:

Time in minutes into event	First Hour	Second Hour	Third Hour

