MAIN HYDRATION STRATEGIES

- **PROGRAMMED DRINKING**: Pre-established drinking plan based on an individual’s sweat rate and sweat electrolyte content.
- **DRINK TO THIRST**: Using the sensation of thirst as the only stimulus to drink.

KEY TAKEAWAYS

- Fluid intake should approximate sweat loss to prevent significant dehydration (>2% body mass loss) or over-hydration (body mass gain) during exercise.
- ~30-60gm carbohydrate per hour of exercise = ~0.5 – 1.0L per hour of a 6-8% carbohydrate solution.

PUTTING IT INTO PRACTICE

**PROGRAMMED DRINKING** is best for:

- Longer duration activities greater than 90 min, particularly in the heat.
- Higher intensity exercise.
- Individuals with high sweat rates.
- Exercise where performance is a concern.

**DRINK TO THIRST** is best for:

- Short duration activities less than 90 min.
- Exercise in cooler conditions.
- Lower intensity exercise.

Losing more than 2% of body mass through sweat is a sign of significant dehydration, and dehydration can increase the risk of heat illness and decrease performance by affecting muscle and cognitive function. The goal is to **minimize dehydration and preserve performance**.
REFERENCES