

PLAYER HYDRATION GUIDELINES - 2010

General Guidelines for Fluid Needs During Exercise

While specific fluid recommendations aren't possible due to individual variability, most athletes can use the following guidelines as a starting point, and modify their fluid needs accordingly.

Hydration Before Exercise

- Drink about 15-20 fl oz, 2-3 hours before exercise
- Drink 8-10 fl oz 10-15 min before exercise

Hydration During Exercise

- Drink 8-10 fl oz every 10-15 min during exercise
- If exercising longer than 90 minutes, drink 8-10 fl oz of a sports drink (with no more than 8 percent carbohydrate) every 15 - 30 minutes.

Hydration After Exercise

- Weigh yourself before and after exercise and replace fluid losses.
- Drink 20-24 fl oz water for every 1 lb lost.
- Consume a [4:1 ratio of carbohydrate to protein](#) within the 2 hours after exercise to replenish glycogen stores.

Source:

Consensus Statement of the 1st International Exercise-Associated Hyponatremia Consensus Development Conference, Cape Town, South Africa 2005. *Clinical Journal of Sport Medicine*. 15(4):208-213, July 2005.

[Exercise and Fluid Replacement](#), ACSM Position Stand, American College Of Sports Medicine, *Medicine and Science In Sports & Exercise*, 2007.

Institute of Medicine. Water. In: *Dietary Reference Intakes for Water, Sodium, Chloride, Potassium and Sulfate*, Washington, D.C: National Academy Press, pp. 73-185, 2005.