

Fluid Replacement Guidelines

Taken from the NATA Position Statement: Fluid Replacement

To ensure proper pre-exercise hydration, the athlete should consume 500-600 mL (17-20 fl oz) of water or a sport drink 2-3 hours before exercise, and between 200-300 mL (7-10 fl oz) 10-20 minutes before exercise.

Fluid replacement should approximate sweat and urine losses and at least maintain hydration at less than 2 % body weight reduction. This generally requires 200-300 ml (7-10 fl oz) every 10-20 minutes.

Post-exercise hydration should aim to correct any fluid loss accumulated during the practice or event. Ideally completed within 2 hours post exercise, re-hydration should contain water to restore hydration status, carbohydrates to replenish glycogen stores, and electrolytes to speed re-hydration.

Fluid temperature should optimally be between 10-15° C (50-59° F).

Sport beverages with carbohydrates may be beneficial to consume during intense exercises where the duration is in excess of 45-50min (rate of 1g/min = 1L of a 6% CHO solution/ hour of exercise). CHO in excess of 8%/ L may inhibit fluid emptying from the stomach to small intestines

	2-3 Hours Pre	≤ 20 minutes	During (every 15-20min)	Post-Exercise
Water	500-600 ml	200-300 ml	200-300 ml	≤ 2 hours total replacement
CHO	< 8%/L/hr	< 8%/L/hr	6% CHO/L hr	