



IMT Des Moines Marathon Running Club Hydration Tips

Don't wait until you're thirsty to drink water.

By the time you feel thirsty; you have probably already lost two or more cups of your total body water composition.

Drink plenty of water throughout the day.

Convenience is a must, so carry a bottle of water with you as you commute to work, run errands or enjoy a day at the beach. While at work, keep a bottle of water on your desk, or visit the office water cooler and take a water break rather than a coffee break.

Don't substitute beverages with alcohol or caffeine for water.

Caffeine and alcohol act as diuretic beverages and can cause you to lose water through increased urination.

Once you start exercising, drink water throughout your workout.

Keep a bottle of water with you and take frequent water breaks.

Don't underestimate the amount of fluids lost from perspiration.

Following a workout, you need to drink two cups of water for each pound lost.

Start and end your day with water.

Your body loses water while you sleep, so drink a serving before bed & again when you wake up.

Common colds and the flu frequently lead to dehydration.

Keep a large bottle of water next to your bed so you can sip it throughout the day without having to get up.

Cool fluids are the best for keeping hydrated when it's warm outside.

Cool fluids, especially water, are absorbed much more quickly than warm fluids and may help to cool off your overheated body.

Set your watch to beep every 15 to 30 minutes.

This can help to remind you to take in gels or liquids that can be quickly converted to energy. This will help maintain energy levels and help keep you from hitting that proverbial wall.

The body loses 64-96 ounces of water per hour.

Make sure to monitor and increase if necessary your water intake during high intensity activities. Constant hydration keeps a person in the peak operational zone and reduces the involuntary wear and tear of exercise under stress.

Fluids on race day can make or break you.

Elite athletes know the importance of keeping hydrated and you should too. Don't make the aid stations a part of your finishing time. Be patient, slow down and don't miss an aid station if you are thirsty.