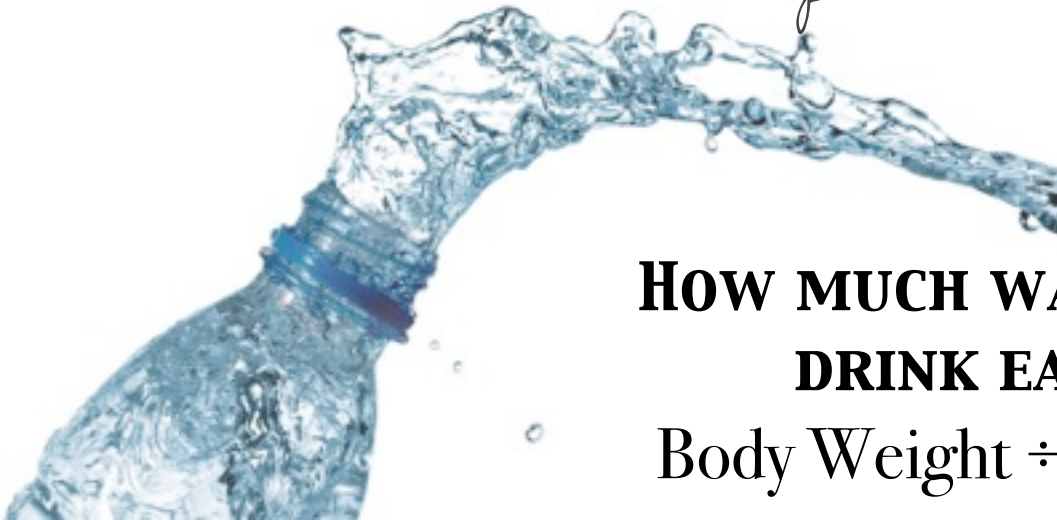


HYDRATION



ELITE PERFORMANCE CAMP 2015

tips



HOW MUCH WATER SHOULD I DRINK EACH DAY?

Body Weight \div 2 = Daily fl. oz

PRE activity (2 hours before)

16-20 fl. oz 2-3 hours before

8-16 fl. oz 10-20 minutes before

DURING activity

8-16 fl. oz every 10-20 minutes (16-32 gulps)

POST activity (within 2 hours after)

16-24 fl. oz for every pound lost during activity



1 gulp of water = approx 1/2 oz

A reduction of just 2% of fluid can result in decreased performance by as much as 10-20%. This is a significant amount. Consider for a moment the amount of effort that goes into training to improve by just 5%.

All that, and more, can be lost by inadequate hydration.