Individualized Hydration Plans for Endurance Athletes

Athletes engaging in ultra distance endurance events may benefit from creating a personalized hydration plan to maximize performance.

- **Sweat Rate**
  - Calculate fluid loss

- **Rate of Na+ Loss**
  - Determine sweat composition

**Performance Result**

- **Trial & Error**
  - Experiment to find the right approach

- **Practice Plan!**
  - Use competition comparable training sessions

Personal Record

Completed Event

Did Not Finish


©2019 by the American College of Sports Medicine.