

South High School Track & Field Hydration on the Run!

Adequate fluid consumption for a runner goes well beyond the recommended 8-12 C of water a day. As you train, recognizing the importance of proper hydration and developing good hydration habits will be key to getting the most out of your running. Below are guidelines to help you develop a hydration routine while you chase down your goals. Remember to think of the recommended 8-12 Cups of water a day as your “hydration foundation” as going into practice or a meet even slightly dehydrated can cause a significant decrease in performance. The recommendations listed are for ***the additional fluids*** you will need before, during, and after your run to help maintain optimal athletic performance and health!

Pre-Run Hydration

- ~20 fl oz, 2-3 hours pre-run
- Carry a water bottle with you during classes and practice the “Water Fountain” Rule
- 7-10 fl oz after the warm-up or around 15-20 min before run – Sipping, ***NOT gulping!***

Post-Run Hydration

- Replace that fluid loss! Re-hydrate every day – especially on hot and humid days or if you are someone with a high sweat rate.
- On very hot and humid days or after longer workouts a sports drink or something as simple as 100% fruit/vegetable juice or low fat chocolate milk will not only assist re-hydration but also help aid in recovery by refueling those depleted glycogen stores!

Signs of Dehydration Include:

- Thirst – the first sign of dehydration!
- Fatigue
 - Not feeling recovered from the previous workout
 - longer recovery time needed between intervals
 - Trouble maintaining normal training pace/elevated heart rate
- Headache
- Dry mouth
- Bright – Dark yellow urine
- Muscle weakness
- Dizziness
- Lightheadedness

REMEMBER every body is different! What one runner needs to stay hydrated and fueled is different from the next. Use the provided information as a guide to discovering what works best for you!

South High School Track & Field Nutrition Know-How Made Easy!

Pre- Run/Race Fuel

- ***Always eat breakfast!!!!***
- **3-4 hours before running:** eat a high carbohydrate meal with small amount of protein and fat (~ 400-500 cal).
- **The closer you get to running the smaller the meal should be to avoid gastrointestinal distress. If you know you have a late lunch and are running not long afterwards make sure to get in a solid breakfast so that a lighter lunch will suffice.**
- **About 1 hour before running, eat a light “tried & true” snack (~ 100-150 cal) that you know won’t cause stomach upset will help you maintain energy throughout your workout. Avoid high fat and sugary foods.**

Rules of Recovery

- **“Golden Window” of recovery begins 15- 30 minutes post run/Cool Down. Aim for a snack of around 200-300 cal that is high in carbohydrates and contains moderate amounts of protein (see below examples)**
- **Within 2 hours of running, consume a balanced meal (~ 400-500 cal)**

Pre- & Post Run Ideas to eat alone as snacks or combined as meals:

- **Whole Grain Bagel with natural nut/seed butter & Banana**
- **Yogurt and fruit**
- **Oatmeal or cereal made with milk, fruit and nuts**
- **Sandwiches on whole wheat bread with humus, vegetables and/or lean meats as fillings**
- **Baked potato with cheese and/or salsa**
- **Vegetables with pita and humus**
- **Trail mixes made with nuts, dried fruits and dry cereal or granola (Be wary that many granolas are very high in fat...read your labels!)**
- **Sports Bars (i.e. Clif, Powerbar Harvest, Odawalla)**

Minimize/Avoid:

- **High Fat/greasy foods pre run as they are difficult to digest**
- **Sugary foods (i.e. pop, some sports drinks, candy)**
- **Foods that cause known GI distress (i.e. gas, cramping)**