

# Performance Multisports

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## TIPS ON PROPER HYDRATION

### *Thirsty and dying for a drink?*

***You've waited too long. Thirst is your body's signal that it's already dehydrated.***

Many people are not used to drinking the amount of fluids that you will need to consume while training and on the actual event in June. Over the years many people have suffered from **dehydration**, several **were hospitalized, we don't want this to happen to you!**

Think of drinking proper amounts of water and electrolyte replacements, as another part of your training. It is a learned skill, one that will make your riding healthy and safe.

Fluid loss as little as 2% (3 lbs for a 150lb person) can lead to a decrease in performance. Six percent can send you to the hospital with an IV in your arm. Water is approximately 65% of your body and is responsible for keeping you cool.

It has been estimated in some research that as many as 75% of us are slightly chronically dehydrated!

### **Early Signs of Dehydration**

### **Severe Signs of Dehydration**

<ul style="list-style-type: none"><li>• Fatigue</li></ul>	<ul style="list-style-type: none"><li>• Difficulty swallowing</li></ul>
<ul style="list-style-type: none"><li>• Loss of appetite</li></ul>	<ul style="list-style-type: none"><li>• Stumbling and clumsiness</li></ul>
<ul style="list-style-type: none"><li>• Flushed skin</li></ul>	<ul style="list-style-type: none"><li>• Numb or shriveled skin</li></ul>
<ul style="list-style-type: none"><li>• Heat intolerance</li></ul>	<ul style="list-style-type: none"><li>• Delirium</li></ul>
<ul style="list-style-type: none"><li>• Lightheadedness</li></ul>	<ul style="list-style-type: none"><li>• Sunken eyes and dim vision</li></ul>
<ul style="list-style-type: none"><li>• Dark urine with a strong odor</li></ul>	<ul style="list-style-type: none"><li>• Painful urination</li></ul>
	<ul style="list-style-type: none"><li>• Muscle spasms</li></ul>

### **Fluid Facts:**

- Body weight is 60 to 70 percent water.
- Muscle tissue is 70 to 75 percent water.
- Fat is 10 to 15 percent water.
- Blood is about 90 percent water (when fully hydrated).

### **A Few Fluid Functions:**

- Water (in saliva and the stomach) helps digest food.
- Body fluids help to lubricate the joints and cushion organs.
- Blood transports nutrients and oxygen to muscles.
- Blood carries carbon dioxide, lactic acid, and other waste products away.
- Water helps excrete waste products from your body.
- Water transports heat from the muscles to the skin.
- Sweat cools the body.
- Water helps to moisten and warm cold air before it hits the lungs.
- Body fluids help to maintain skin temperature in cold weather.

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## So here are some tips:

- Always carry two bottles on your bike, one with water, the other with an electrolyte drink. Many people use hydration packs for quicker and easier access. We find that people who use hydration packs often drink more water.
- Weigh yourself undressed before and after exercise. It should be the same! It is easy to drop 2-4# of water on a hot or hard ride. Remember that is enough to make you slower! If you follow the next day with another ride it is enough to put you in the hospital! For every 1 lb lost you should drink ½ a liter. That is about ½ a large water bottle.
- Watch your urine: It should be almost clear and without smell. If it is changing then you are dehydrating.
- Depending on the temperature, your exertion, and your body: You should drink ½ a large water bottle every 30-45 minutes. Said another way that's 3-4 glasses for every hour that you workout. A good rule of thumb is to take a few gulps every 10 minutes.
- Pre-hydrate as tolerated. Some literature suggests as much as (get this) 2 glasses for every 20# of body weight. Plan on at least 1-2 glasses before a ride.
- If a ride or workout is over 60-90 minutes then your blood sugar (Glucose) and sometimes your electrolytes (potassium and sodium) diminish. What does this mean? In the case of glucose depletion you can expect diminished performance because of decreasing muscle fuel stores. With diminished electrolytes you can expect cramps building to an IV in your arm.
- So you need to be ingesting a carbohydrate/electrolyte replacement drink on your rides / workouts longer than 60-90 minutes. There are many types on the market i.e. Gatorade, PowerAde, Hammer H.E.E.D., Cytomax, EnduroRx 4. Try many different types early in your training. Each of us has different tastes and digests differently. It is important that you find one that works for you as well as one you like the taste of. The more you like it the more you will drink it.

## So Get Drinking!