

# HYDRATION

## TIMELINE

DAILY GOAL(OZ):

$\frac{1}{2}$  BODYWEIGHT +  
16-24 OZ FOR  
EVERY LB LOST

### WAKE UP

6-8 oz fluids

### PRE- PRACTICE

8-16 oz electrolytes 30-  
60 minutes before

### AT PRACTICE

2-4 oz or a large sip  
every 15 minutes

### POST- PRACTICE

16-24 oz fluids

### MID-DAY

8-12 oz fluids

### PRE- PRACTICE

8-16 oz electrolytes 30-  
60 minutes before

### AT PRACTICE

2-4 oz or a large sip  
every 15 minutes

### POST- PRACTICE

16-24 oz fluids

NOTE: FACTOR IN FLUIDS CONSUMED  
DURING PRACTICE FOR MOST ACCURATE  
SWEAT LOSS (SEE NEXT LEVEL HYDRATION)

# HYDRATION

TIMELINE  
EXAMPLE

FEMALE SWIMMER

125 LBS

AVERAGE SWEAT  
LOSS = 1 LB

TOTAL DAILY  
MINIMUM GOAL  
(OZ):  
78.5 - 86.5

## PRE- PRACTICE

8 oz Nuun Endurance  
30-60 minutes before

## POST- PRACTICE

12 oz chocolate milk +  
4 oz water

## PRE- PRACTICE

8 oz Skratch Labs 30-  
60 minutes before

## POST- PRACTICE

8 oz water + 8 oz tart  
cherry juice

## WAKE UP

6 oz orange juice

## AT PRACTICE

12 oz water at a 1.5-  
hour practice

## MID-DAY

8 oz herbal tea

## AT PRACTICE

16 oz water at a 2-hour  
practice

# HYDRATION

TIMELINE  
EXAMPLE

## MALE SWIMMER

190 LBS

AVERAGE SWEAT  
LOSS = 3 LBS

TOTAL DAILY  
MINIMUM GOAL

(OZ):

143 - 167

### PRE- PRACTICE

16 oz Gatorade 30-60  
minutes before

### POST- PRACTICE

12 oz chocolate milk +  
12 oz water

### PRE- PRACTICE

16 oz Skratch Labs 30-  
60 minutes before

### POST- PRACTICE

12 oz water + 12 oz milk

### WAKE UP

8 oz apple juice

### AT PRACTICE

24 oz water at a 1.5-  
hour practice

### MID-DAY

8 oz beetroot juice + 4  
oz water

### AT PRACTICE

32 oz water at a 2-hour  
practice