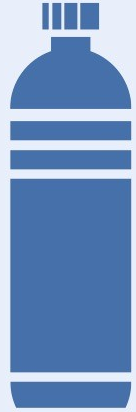


Individualized Hydration Plans for Endurance Athletes



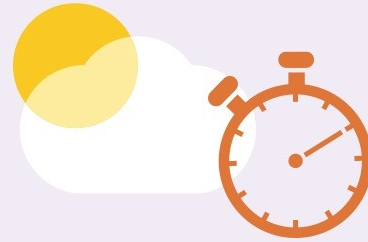
Athletes engaging in ultra distance endurance events may benefit from creating a personalized hydration plan to maximize performance.



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



Completed Event



Corcoran M, Ayotte D. Individualized hydration plans for ultradistance endurance athletes. *ACSM's Health Fit J.* 2019; 23(4):27-31.

©2019 by the American College of Sports Medicine.