

Hydration Tips For Cyclists

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Based upon the National Athletic Trainers Association Position Statement: Fluid Replacement for Athletes, Journal of Athletic Training 2000; 35(2) : 212-224

Athletes should begin all exercise well hydrated. They should consume approximately 18-20 oz of water or sports drink 2-3 hours prior to exercise and 8-10 oz 10-20 minutes before exercise.

Fluid replacement during exercise should be based upon sweat and urine losses to at least maintain hydration at less than 2% body weight reduction. (Example a 150lb. cyclist should drink enough so as not loose more than 3lbs. during a ride.)

Typically, an athlete needs 10 oz every 20 minutes to meet this weight reduction goal but this can vary from athlete to athlete depending on environmental conditions, sweat rate, intensity, etc.

Athletes need to weigh themselves before and after to determine the amount of weight loss to accurately devise a hydration plan.

Following exercise, hydration efforts should aim to correct any fluid loss accumulated during exercise and should be completed within two hours after riding.