Gazelle Sports

Guidelines For Fluid Replacement During Exercise

Type of Event	Timing of Consumption	Amount & Type of Beverage
Sports or exercise less than 1 hour in duration	**Before:**	
	24 hours	Drink adequate fluids
	2 hours	16 oz. (2 cups) cold water
	5-10 minutes	8-6 oz. (1-2 cups) cold water
	During:	
	Every 15-20 minutes	8-10 oz. (1-1 1/4 cups) cold water
	Recovery:	
	Over next 24 hours	Adequate fluid to replace losses
Sports or exercise from 1-4 hours in duration	**Before:**	
	24 hours	Drink adequate fluids
	2 hours	16 oz. (2 cups) glucose electrolyte solution (4-8%) carbohydrate
	5-10 minutes	8-6 oz.(1-2 cups) glucose electrolyte solution (4-8%) carbohydrate
	During:	
	Every 15-20 minutes	8-10 oz. (1-1 1/4 cups) glucose electrolyte solution (4-8%) carbohydrate
	Recovery:	
	Immediately after exercise & every 2 hours for 6-8 hours following exercise	Glucose electrolyte solution or glucose polymer solution to provide 1gram carb/kg body wt.