



## Training Tip: Staying Hydrated During Summer Running

Staying hydrated is crucial during summer running to ensure optimal performance and health. Here are some tips to help you stay properly hydrated during your summer training:

- 1. Pre-Hydrate:** Start hydrating well before your run. Drink water throughout the day, aiming for at least 8-10 glasses. Consider adding an electrolyte drink the night before a long run to ensure your levels are topped up and try to drink 10-16 oz of electrolyte drink prior to a run over 60 min.
- 2. Hydrate During Your Run:** For runs longer than 30-45 minutes you might want to carry water with you, especially if it is hot and humid. Use a handheld water bottle, hydration belt, or vest. Take small sips regularly rather than large gulps to avoid stomach discomfort.
- 3. Electrolyte Balance:** Sweating in the summer heat means losing not just water but also essential electrolytes like sodium, potassium, and magnesium. Include electrolyte tablets or drinks during long runs to maintain balance and prevent cramps.
- 4. Post-Run Rehydration:** After your run, rehydrate promptly. A good rule of thumb is to drink 16-20 ounces of fluid with electrolytes after your run.
- 5. Eat Hydrating Foods:** Include water-rich foods in your diet such as fruits and vegetables. Watermelon, cucumbers, oranges, and strawberries are great choices to help you stay hydrated.
- 6. Adapt to the Heat:** Acclimate yourself gradually to running in the heat. Start with shorter, slower runs and gradually increase intensity as your body adjusts. This will help you sweat more efficiently and stay hydrated.

Proper hydration is key to performing your best and staying healthy during summer runs. Stay mindful of your fluid intake and listen to your body's signals.