

Question

A practical upper limit for fluid consumption during exercise is 1.0 liter per hour. Jim, a cross-country skier trains three hours per day, six days a week. If his sweat rate is 1.3 liters per hour, Jim will not be able to replace his total fluid loss as he trains even if he drinks fluid as often as recommended. State three actions that Jim could take to assure that he makes up his fluid loss before his next training session.

Answer

- 1.3 L/hr
- Consume foods w/ Na to replace Na loss + retain fluids
 - pretzels
 - salted trail mix
 - corned beef
 - soup
- Pre-hydrate → 100z. fluid 2 hrs before + 30 min. ~~before~~ after
- Avoid: caffeine, alcohol,