

HYDRATION BASICS

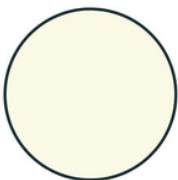
Calculate your hydration needs and watch for dehydration.

$$\frac{\text{Weight in pounds}}{2} = \text{Minimum daily hydration requirement (in fl oz)}$$

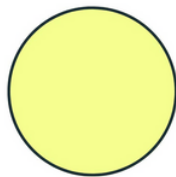
$$\text{Training hours} \times 3$$

Minimum additional hydration requirement (in fl oz)

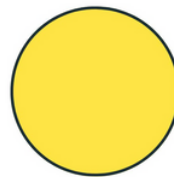
Check your pee color for signs of dehydration!



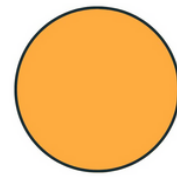
Transparent
Drink less water



Lemonade
You're on track



Yellow
Drink 1-2 cups of
water before practice



Honey
Drink 1-2 cups of
electrolyte fluids