



The easiest way to measure your sweat rate is to weigh yourself without clothes on before exercising for one hour. *If you exercise for 30 minutes, multiply your end sweat rate by two, giving you your sweat rate per hour. Here's how you do it:

- Weigh yourself and write down your weight in pounds.
- After your run, weigh yourself again.
- Assuming you did not use the restroom or consume any fluids during exercise, your weight loss is your sweat rate.
- For each pound lost, you lost 16 oz. of fluid. If you lost 2 lbs, you lost 32 ounces of fluid
- Add fluid consumed to the amount of weight lost. Subtract estimated bodily void weight from the total weight lost.
- Be sure to record the heat and humidity conditions in your sweat test. For best results, repeat the test in cool and hot conditions.

Pre Run Weight	-	Post Run Weight	=	Pounds Lost	x	16	=	Ounces of Water lost
	-		=		x		=	
oz Water lost	+	oz Fluid consumed	=	Total oz. water lost	÷	Hours ran	=	Sweat Rate (oz/hr)
	+		=		÷		=	

Fluid Replacement Plan For Workouts

- < 1 hour = water or low calorie sports drink
- 1 – 2 hours 60 g of carbs and 300 – 1000 mg of sodium for 32 oz
- > 2 hours – endurance sports drink

Electrolyte Beverage Comparison – based on 16 oz of each beverage

Nutrition Info	Gatorade	Gatorade Endurance	Nuun Tabs
Sodium	220 mg	400 mg	360 mg
Potassium	60 mg	180 mg	100 mg
Sugars	28 g	28 g	0 g
Calories	100	100	8

The Hydration Experts at Fleet Feet Knoxville can help you come up with the best hydration and nutrition plan for you. Ask us today!



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