

# Hydration Tips for Runners

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## Before Exercising

Runners should aim to drink 8–16 oz of water 1–2 hours before their run and 4–8 oz of water 15–20 minutes before starting. Cooler liquids are preferable as they absorb faster and feel better on the stomach.

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## While Exercising

While exercising, runners should drink 5–10 ounces of water every 15–20 minutes. On warmer days, additional hydration may be necessary.

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## Right After Exercising

Runners should drink at least 16 ounces of water or electrolytes after a run to rehydrate. Room-temperature water is best, as cold water may slow recovery by constricting blood vessels.

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## The Rest of the Day

Runners should continue to drink fluids. Sugar-free sports drinks, coconut water, and electrolyte-rich foods can aid in hydration. Runners should also monitor urine color—bright or dark yellow may be a sign of dehydration.

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## In Case of Dehydration

Thirst, dizziness, or confusion may signal dehydration. Stop exercising, move to a cool area, and sip fluids, alternating between water and an electrolyte drink. Seek medical attention if symptoms worsen.

At Lynchburg Road Runners, your safety is our priority. These recommendations are based on general best practices, but hydration needs vary for everyone. We encourage you to consult your doctor or a trusted nutritionist, especially if you have an underlying medical condition.

