



Beginner/Intermediate Group

HYDRATION

Hydration Needs For Cycling

A well-hydrated body suffers less fatigue and fewer headaches and greater flexibility.

Proper hydration starts long before any ride. Drink 6-8 8oz. glasses of water every day during the training season & a minimum of 8oz the morning before a ride.

The day after a ride, the first and best response to feeling 'off' is to start drinking fluids immediately.

Being dehydrated by as little as 2% can hinder performance by as much as 10%. When dehydration increases to 5% performance declines by 30%. If you're already 2% dehydrated when you start a workout, there's a pretty good chance you'll be 4-5% dehydrated during it.

Mixing carbohydrates and a small amount of proteins enhances fluid absorption and retention.

Maintaining a 2:1 ratio of water to sports drink will decrease the possibility of dehydration. This can be done simply by having 2 bottles, one filled with water and the other sports drink, and monitoring consumption.

Drinking on regular intervals early in a ride allows for elevated energy levels later in the ride.

On average, the equivalent of 1 bottle of fluid should be consumed per hour. Take into account drinking more the higher the humidity and heat index.

Hydration and eating go hand in hand in the successful, comfortable completion of any long ride.

Consuming carbohydrates and protein, through drinks or eating, immediately after riding helps in both recovery and in "preloading" for the next day's ride.

From:

<http://www.ms150.org/ms150/SafetyZone/hydration.html>