ALTITUDE HYDRATION GUIDE

3 SCIENCE-BACKED STRATEGIES FOR TRAINING AT ELEVATION

Why Hydration Changes at Altitude

EFFECT	WHAT HAPPENS	IMPACT
Increased Breathing	More air in/out = moisture loss	**+500-1000 mL lost**
Lower Humidity	Dry air pulls moisture from lungs	**Faster dehydration**
Appetite Suppression	Cold + Altitude = Reduced thirst	**Must drink by clock**

> **THE RESEARCH**
> *Athletes at altitude lose 2-3x more fluid via respiration alone, before sweating even starts.*

1 THE +500ML RULE

Add 17-34 oz (500-1000mL) above your sea-level baseline.

Minimum Baseline	**60 oz/day**
Training Days	**80-100 oz/day**
Double Days	**100-120+ oz/day**

2 ELECTROLYTES REQUIRED

Water alone isn't enough. You lose salt when you breathe out moisture.

- **Sodium:** Fluid balance
- **Potassium:** Muscle function
- **Magnesium:** Recovery

Required for: Run > 60min, **Hot Days, Races.**

3 THE "LEMONADE CHECK"

Clear	Lemonade	Apple Juice
Maintaing	IDEAL TARGET	Hydrate Now

Check: Morning, Pre-Practice, Post-Practice

✱ WARNING SIGNS

Dehydration
Dry mouth, dark urine, muscle cramps.

Altitude Sickness
Headache, nausea, insomnia.

Daily Hydration Schedule

WAKE UP	16 oz immediately
SCHOOL DAY	8-12 oz with meals + carry bottle
PRE-PRAC	**16-20 oz + Electrolytes** (1-2hr before)
PRACTICE	4-8 oz every 20 mins
POST-PRAC	16-24 oz within 30 mins

TOTAL GOAL: 90-120+ OZ / DAY

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