# Athlete Hydration Plan

This playbook outlines the steps for athletes to maintain proper hydration before, during, and after exercise to ensure optimal performance and health.

### Step 1: Pre-Exercise

Begin hydrating at least 4 hours before exercise by consuming 5-7 mL/kg of body weight of water or a sports drink. If urine is dark, drink another 3-5 mL/kg.

### Step 2: During Exercise

Continuously drink small amounts of water or a sports beverage every 15-20 minutes during exercise to replace fluids lost via sweat. The amount should be adjusted based on sweat rate, climate, and exercise intensity.

### Step 3: Post-Exercise

Rehydrate within 2 hours after exercising by consuming fluids. Aim for 1.5 L of fluid for every kilogram of body weight lost. Include a meal or snack that provides sodium to aid in rapid rehydration.

## General Notes

### Personalization

Fluid needs can vary greatly between individuals. It's essential to personalize the hydration strategy based on personal sweat rates, exercise duration, intensity, and environmental conditions.

### Electrolytes

During prolonged exercise, use sports drinks with electrolytes to help replace the salts lost in sweat and maintain the balance of electrolytes in the body.