

Keep hydrated for quicker running, quicker recovery, less injury risk and keep that skin looking youthful and selfie ready!

Sweaty runners, find out just how sweaty you are 😊

The only way to determine exactly how much you sweat when running is to actually measure it!

Do this by weighing yourself (“naked ;)” just before your run. Do not eat or drink anything during your run and do not run naked!

Weigh yourself again “naked ;)” right after your run. Any weight lost during a 30-minute run is water, you shouldn’t normally burn enough calories to lose body mass during a 30 min run. During a longer run, such as a marathon, you might lose one to two kilo’s of body mass and the rest of your weight loss tends to be water.

For example we ran around 10 miles today in 30degC, lost 3.5kg



So what’s the problem?

You may think sweating off nearly 8 pounds can be a quick route to the perfect “beach body” (but it isn’t healthy and will be straight back!) . Water weight loss also leads to dehydration and electrolyte imbalances that can, in extreme instances, lead to death...not a great beach look!

Dehydration impacts your running performance. Water loss equal to 2 percent of your body weight can reduce your aerobic capacity by 20 percent.

However, a run lasting less than 6 miles is unlikely to cause such extreme water loss however stacking up a hot run, going out for the day or heading to work or straight to bed can leave you dehydrated quicker than you think. So if you do a sweat test then you know roughly how much fluid you need to replace. It will aid recovery, reduce injury risk and get you ready to run again sooner

Here's three top tips when it comes to hydration ☺

1 Don't Binge Drink (water!... and to be fair the other kind of binge drinking we also don't recommend!)

Binge drinking "water" the morning of a long run won't hydrate you properly. Aim to drink about 500-750ml around 3 hours before a long run. If you down lot's of water just before a run your kidneys will flush it out. So that's more trips to the loo and you can reduce the bodies sodium levels and increase your risk of developing water overload during your run. Instead, keep a water bottle handy all week and drink throughout the day. Your urine colour (sorry!) should be light yellow. Once it gets like apple juice colour you're already dehydrated.

2 Avoid salt because it's "unhealthy"

A diet high in sodium can lead to serious health conditions and we get told that's it's bad for us all the time. But salt isn't the enemy for runners! Salt losses vary person to person, but many runners lose an average of one gram of sodium per litre of sweat.

...for example we ran 10 miles in 30 deg C today and lost 3.5kg of body weight so that's 3.5 litres of sweat and 3.5g of salt. A normal packet of crisps has around 0.4g of salt in it.

Salt is essential in keeping you hydrated. Hot and sweaty conditions mean replenishing your fluids and sodium levels is even more important. Add an extra sprinkle of salt to your dinner if it's been a long sweaty run ☺

3 Not enough bananas and broccoli!!!

Most runners know about sodium (although tend not to actually plan for it!), but sweat also contains magnesium and potassium, which also help maintain fluid balance and muscle function. A deficiency in either mineral can make the symptoms of dehydration worse and cause extreme muscle cramps.

Magnesium: Leafy greens, almonds, broccoli

Potassium: Bananas, sweet potatoes, tomatoes, oranges