

# LINDEN PUBLIC SCHOOLS

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## Hydration Tips for Wrestlers

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- Hydration is critical for a wrestler's success on the mat! Being dehydrated results in higher core body temperature due to the inability to sweat, which results in decreased performance and fatigue. This can also lead to dizziness, rapid heart rate, and death.
- Restricting fluids for more than 24 hours prior to competition to make weight will result in decreased performance.
- The body can absorb on average 1-1.5 L of fluids (33-50 oz) per hour.
- A wrestler can lose *at least* 1-2 L of fluids (33-66 oz) per hour of wrestling.
- Monitor your hydration status by checking the color of your urine. Light yellow indicates good hydration status (like lemonade), where dark yellow (like apple juice) reflects dehydration. You should be urinating at least 4-7 times per day.
- If your workout is less than 1 hour, you can consume water during your workout. If your workout is longer than 1 hour, consume a sports drink such as Gatorade or Powerade to provide carbohydrates and electrolytes.
- Avoid highly concentrated sugary beverages such as sodas and energy drinks before/during practice and competition. The added sugars will slow down absorption of the liquids and can cause GI upset. These also contribute excess calories to your intake.
- Avoid consuming large amounts of fruit juice after weigh-ins or between matches. Juice contains a high amount of fructose and can cause GI upset and diarrhea during competition for some wrestlers.
- Establish your **sweat rate** during practice by weighing in both before and after your workout and add in any fluids you consumed during practice:
  - **Sweat Rate Formula = Pre-workout weight (lbs) – post-workout weight (lbs) + fluids consumed during practice \*1 lb lost= 16 fl oz lost\***
  - Example: Pre-workout weight: 150lbs; Post-workout weight:148 lbs; Consumed 8 fl oz during practice
  - 2 lbs lost during workout=32 oz + 8 fl oz consumed= 40 fl oz lost in 2 hour practice = 20 fl oz/ hour sweat rate.

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## Competition Hydration Tips

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- Throughout the week, leading up to competition, stay hydrated! This will allow you to sweat out some fluids prior to weigh-ins. You should consume liquids at every meal and snack.
- Drink 20oz of fluids 2 hours before your practice begins.
- Sip on liquids up until practice time (8 oz in the hour before practice).
- Consume 6- 8 oz of fluids every 15-20 minutes during practice.
- **Rehydrate post-workout with 16-24 oz of fluids for every 1 lb of weight lost.**
- Aim to be within 1-2% of your competition weight within 24 hours of wrestling. This would be 1.5-3 lbs for a 150 lb wrestler.

- On match day, consume 8-16 oz of fluids upon waking up if possible.
- Immediately following weigh-ins, consume 16-32 oz of cold fluids. Cold fluids will help to cool your body and will be absorbed quickly to help rehydrate prior to competition.
- In between matches, consume 8-16 oz of fluids.

### **Gatorade or Pedialyte for Rehydration?**

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Many wrestlers consume Pedialyte due to the higher concentration of electrolytes, sodium and potassium. Although wrestlers do lose high amounts of these electrolytes through their sweat and need to be replaced, it is also crucial to replace the carbohydrates being used by the muscle during exercise. Pedialyte is low in carbohydrates, therefore, you may consider pairing Pedialyte with another carbohydrate-rich food such as bagel, banana, pretzels, or granola bar. You can also drink Pedialyte followed Gatorade.

<b>Nutrient Data</b>	<b>Pedialyte, 8oz</b>	<b>Gatorade, 8 oz</b>
Calories	25 Calories	50 Calories
Carbohydrates	6 grams	14 grams
Sodium	253 mg	110 mg
Potassium	183 mg	30mg

### **Sample Daily Hydration Plan**

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**7:00am Wake-Up:** Drink at least 8-16 oz of fluids upon waking.

**7:30am Breakfast:** Add 8-16 oz of water, juice, milk, or hot chocolate

**8:00am-12pm:** Drink at least 16-20 oz of water, sports drink, or juice. Add high fluid snacks such as yogurt, smoothies, soups, fruit like watermelon, cantaloupe, berries, peaches, plums, pineapple, or salad.

**12:00pm Lunch:** Consume at least 16-20 oz of water, milk, juice, or sports drink. Add salty foods to your meal (ie. Pretzels, baked chips, cheese, deli meats, pickles, soups).

**12:00pm-3pm:** Drink at least 16-20 oz of water/sports drinks 2 hours before the start of practice to pre-hydrate + 8 oz water or sports drink 30 min-1 hour before workout.

**3:00pm-5pm Workout:** Sip on 6-8 oz of a sports drink or water every 15-20 minutes of a workout. (1oz = 1 gulp).

**5:00-6:00pm:** Rehydrate with 16 to 24oz of water or sports drink for every 1lb lost in a workout to replace fluid losses and return to normal hydration status.

**6:30pm Dinner:** Consume at least 20 oz of water, juice, or milk with dinner.

**7:00pm-10:00pm:** Drink at least 20-32 oz of water or other fluids throughout the evening to pre-hydrate for the next day's practice/competition. Add high-fluid snacks (cereal with milk, soup, frozen yogurt or fruit bars, popsicles, yogurt or pudding).