

# Running in the Heat

## Team Future

### -Hydrate!

#### Before:

\*Drink enough water 48 hours pre race until you hear the “sloshing” in your stomach

#### During:

\*Plan on taking sips of water or replacement drink every 15-20 minutes

#### After:

\*Drink 16-25 ounces of water/replacement drink for each pound lost during the run (weigh yourself before and after for exact amount)

### -Water vs. Sports Drinks

(Hyponatremia: runner drinks too much water and the blood becomes diluted)

\*Salt is lost during running especially in hot weather, be sure to replace the salt lost with electrolytes through different sports drinks

### -Proper Clothing

\*Light colored clothing

\*Lightweight and breathable fabric  
-No cotton

\*Hat to keep the sun out of your face  
-Make sure its lightweight and can breathe

\*Sunscreen  
-Runners sunscreen to prevent dripping into eyes to prevent stinging or burning

### -Check the Heat Index

\*Refer to the chart to see what the temperature will be with the humidity for that day

### Heat can cause:

- Overheating
- Dehydration
- Loss of Salt
- Sunburn



Humidity	70	75	80	85	90	95	100	105	110	115	120
0%	64	69	73	78	83	87	91	95	99	103	107
10%	65	70	75	80	85	90	95	100	105	111	116
20%	66	72	77	82	87	93	99	105	112	120	130
30%	67	73	78	84	90	96	104	113	123	135	148
40%	68	74	79	86	93	101	110	123	137	151	
50%	69	75	81	88	96	107	120	135	150		
60%	70	76	82	90	100	114	132	149			
70%	70	77	85	93	106	124	144				
80%	71	78	86	97	113	136					
90%	71	79	88	102	122						
100%	72	80	91	108							