

HYDRATION CONTINUUM



Sedentary
(24 h)

Low-intensity
Short-duration
(30 min)

Moderate-intensity
Moderate-duration
(60 min)

High-intensity
Moderate-duration
(60-120 min)

Moderate-intensity
Long-duration
(2 - 8+ h)

Low-intensity
Long-duration
(8+ h)

Typical
Sweat
Loss*

0 ml

0 - 0.5 L

0.5 - 1.5 L

1.0 - 3.0 L

1.0 - 16.0+ L

2.0 - 12.0+ L

Typical
Sodium
Loss**

1.5 - 3.0 g

0 - 0.5 g

0.5 - 1.5 g

1.0 - 3.0 g

1.0 - 16.0 g

2.0 - 12.0 g

Drink
schedule

2.0 - 4.0 L/d

0 - 0.5 L

0.5 - 1.5 L

1.0 - 3.0 L

1.0 - 14.0 L

2.0 - 12.0 L

Beverage
options

Water, Coffee,
Tea, Milk,
Fruit juice,
Soft drinks,
Soup

Nothing,
Water, Fitness
waters, Sports
drinks

Nothing,
Water, Fitness
waters, Sports
drinks

Sports drinks
Water

Sports drinks
Water
Extra sodium

Sports drinks,
Water, Coffee,
Tea, Milk,
Fruit juice,
Soft drinks,
Soup

* = typical sweat rates for most people under most conditions; some may sweat more

** = assumes a loss of 1.0 g sodium per liter of sweat (43 mmol Na⁺/L)

