

Aerobic Test - Run

Knowing your sweat loss during exercise is important to prevent dehydration performance loss. Studies have shown that a 2% sweat loss can cause serious performance decrease. Dehydration slows the bodies movements to preserve its hydration levels. This test is an excellent way to gauge how much fluid you are losing. This specific test is done in Zone 1 (explained below).

Zone 1: This is your aerobic base zone majority of training; primary zone for races over 3 hours. This can be calculated by taking 75% of your max heart rate (for example: MHR = 200 *0.75 = 150). V02 max and lactate testing will produce more accurate results.

Equipment

1. Sneakers
2. Treadmill or track
3. Digital Scale
4. Heart Rate Monitor (download preferred)

Test

1. Do this workout prior to any other training
2. Warm up (if necessary)
3. Take weight measurement in nude or with little clothing
4. Begin test
 - i) Stay at your recommended zone for 20 minutes with no fluids. Measure your zone with the heart rate monitor. After the 20 minutes is done, measure yourself in the same dry clothes you did at the beginning (or nude). Write this number down. Re-measure yourself 3 times for a more accurate result.
5. Cool down

Example

Athlete results: during 20min test on a treadmill, the subject lost 1 pound. The initial weight was measured to be 150 pounds Dehydration is measured at 2% loss of total body weight. So, 150 pds x 0.02 onset of dehydration = 3 pds before onset of dehydration.

Using the results

This general hydration strategy is meant to give you an idea how much fluid you need to take in to avoid dehydration. Rarely can an athlete who is working at high intensities have a positive or even a neutral hydration weight (drink more than or as much as they sweat). This can cause many problems such as gastric distress, urinary issues, and a “hammock” for a stomach. It is also important to note that the body loses electrolytes which also need to be replenished.