

## WEEK

# 11

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Run 7 Miles	Core Endurance Training	Run 8 Miles	3 Miles Intervals	<b>Rest</b>	Run 15 Miles

## Stay Hydrated

After running almost 13 miles in the sun with no water, you have stopped sweating, you are terribly hot, your head aches, your muscles are cramped, and you are not thinking clearly. You finally find some water at a store and think you are saved.

Three minutes later, you have drunk a whole bottle...twice. Now your stomach aches, too, and you think you might faint. Luckily, the store manager has noticed that you are dehydrated. As your state worsens, he makes a quick phone call.

The paramedics arrive as you are vomiting for the 2<sup>nd</sup> time. It's just water coming out, and it makes you recall that you did not eat breakfast that morning. The paramedics lay you down, cool you off, and give you fluids through an IV. It will take a long time to replenish what you have lost.

It is more than just water you need. You are also low on sodium, potassium, chloride, bicarbonate, and other nutrients. Without these minerals, it is difficult to re-hydrate naturally. Chugging a bunch of water will only throw your stomach off balance because your digestive system can not absorb it fast enough.

Luckily, the paramedics have a way to replenish the minerals. The IV drips water, carbohydrates, and electrolytes directly into your blood. As this fluid reaches your cells, you gradually feel better. But you will probably never allow yourself to become dehydrated again!

Although this story is scary, it is not an exaggeration. It is a true story, based on the experience of other athletes who have run off unprepared. Rather than having the same experience, you can learn from them. Follow a few simple rules to stay hydrated and fueled for the longer runs.

- Carry a little fluid with you whenever you might be out for a while.
- Drink small amounts at a time, and do it often, especially in hotter temperatures.
- Use a drink that has electrolytes in it.
- Don't go farther or faster than expected on the hottest day of the year.
- Pre-hydrate by drinking before you go, and don't skip meals before a long run.
- Re-hydrate immediately after you finish your workout.



### Chia seeds:

Soaked in water, these sesame size seeds swell up with moisture. The water/seeds mix is a healthy way to re-hydrate. They are high in polyunsaturated fat, fiber, protein, potassium, iron, magnesium, and other nutrients.