

Ultramarathon Hydration & Electrolyte Guide

Stay Fluid. Stay Focused. Go the Distance.

by Lost Pace – umit.net – 2025

Pre-Race Hydration Checklist

- Complete 2–3 hot training runs to test hydration strategy.
- Determine personal sweat rate during a 1-hour run (weigh before & after).
- Choose primary hydration method: bottles, bladder, or hybrid.
- Test electrolyte product in race-like conditions.
- Create a hydration plan for each aid station gap.
- Label bottles/flasks clearly (e.g., Water / Mix / Caffeine).
- Prepare drop bags with salt tabs, spare flasks, and frozen bottles.
- Brief your crew/pacer about dehydration and hyponatremia signs.

During the Race – Do's

- Sip 500–750ml of fluid per hour, adjust for heat and sweat rate.
- Take 300–800 mg sodium/hour (caps, drink mix, salty food).
- Drink to thirst, not to a strict schedule.
- Use external cooling (water on head, ice in hat) in heat.
- Refill quickly at aid stations — practice your routine.
- Monitor urine color, energy, and gut comfort regularly.

During the Race – Don'ts

- Don't rely only on water for long periods.
- Don't skip electrolytes, especially in hot sections.
- Don't ignore signs of overhydration (bloating, puffiness).
- Don't try new electrolyte products on race day.
- Don't assume drinking more is always better.

"From the wild trails of the Kaçkar Mountains, may every drop of water carry you farther than you imagined."
– Lost Pace



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