

Scientific key figures

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6 key figures :

- **#1:**

Athletes should consume between 600 and 1200 mL per hour of a carbohydrate-electrolyte solution during intense endurance exercise lasting more than 1 hour, containing 30–60 g of carbohydrates and 0.5–0.7 g of sodium per liter.

Source Article: *Fluids and hydration in prolonged endurance performance* – PubMed

- **#2:**

Experts recommend drinking approximately 11 cups (2.6 liters) of water per day for women and 16 cups (3.8 liters) for men to stay properly hydrated.

Source Article: *The Importance of Hydration* – Harvard School of Public Health

- **#3:**

A body mass loss (BML) of more than 2% due to dehydration is associated with performance deficits and increased risk of exertional heat illness in endurance athletes.

Source Article: *Accuracy of Urine Color to Detect Equal to or Greater Than 2% Body Mass Loss in Men* – Journal of Athletic Training

- **#4:**

A fluid loss of more than 5% of body weight can decrease work capacity by about 30%, while even a 2% loss impairs endurance performance and thermoregulation.

Source Article: *Dehydration and its Effects on Performance* – Human Kinetics (Jeukendrup & Gleeson)

- **#5:**

A loss of 2% of body weight from sweating leads to a noticeable decrease in both physical and mental performance, while a 5% loss may reduce work capacity by around 30%.

Source Article: *The Effects of Hydration on Athletic Performance*

- **#6:**

More than 50% of athletes – across professional, collegiate, high school, and youth levels – begin workouts already hypohydrated, putting them at risk of reduced performance and increased health risks.

Source Article: *NATA Position Statement on Fluid Replacement for Athletes*