

INTRODUCTION

- There is limited research regarding the effects of hydration intake behaviors and exercise within this specific population of division II female track and field athletes.
- Therefore, the purpose of this study was to examine the correlation between pre-exercise hydration status and fluid intake during training of division II female track and field athletes.

METHODS

- 10 female participants (Mean \pm SD; 22 \pm 2.6 y; 168.7 \pm 6.6 cm; 59.1 \pm 9.7 kg) provided a urine sample before the start of training and had their water intake recorded throughout the session.
- Observations and measurements were completed with their coaches on one day of training on a flat field (Day 1) and on a separate day on hills (Day 2).

CORRELATION BETWEEN HYDRATION STATUS AND FLUID INTAKE DURING PHYSICAL TRAINING OF DIVISION II FEMALE TRACK AND FIELD ATHLETES

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No significant correlation between hydration status and fluid intake levels was seen in female track and field athletes when training on either flat ground or hills.



RESULTS

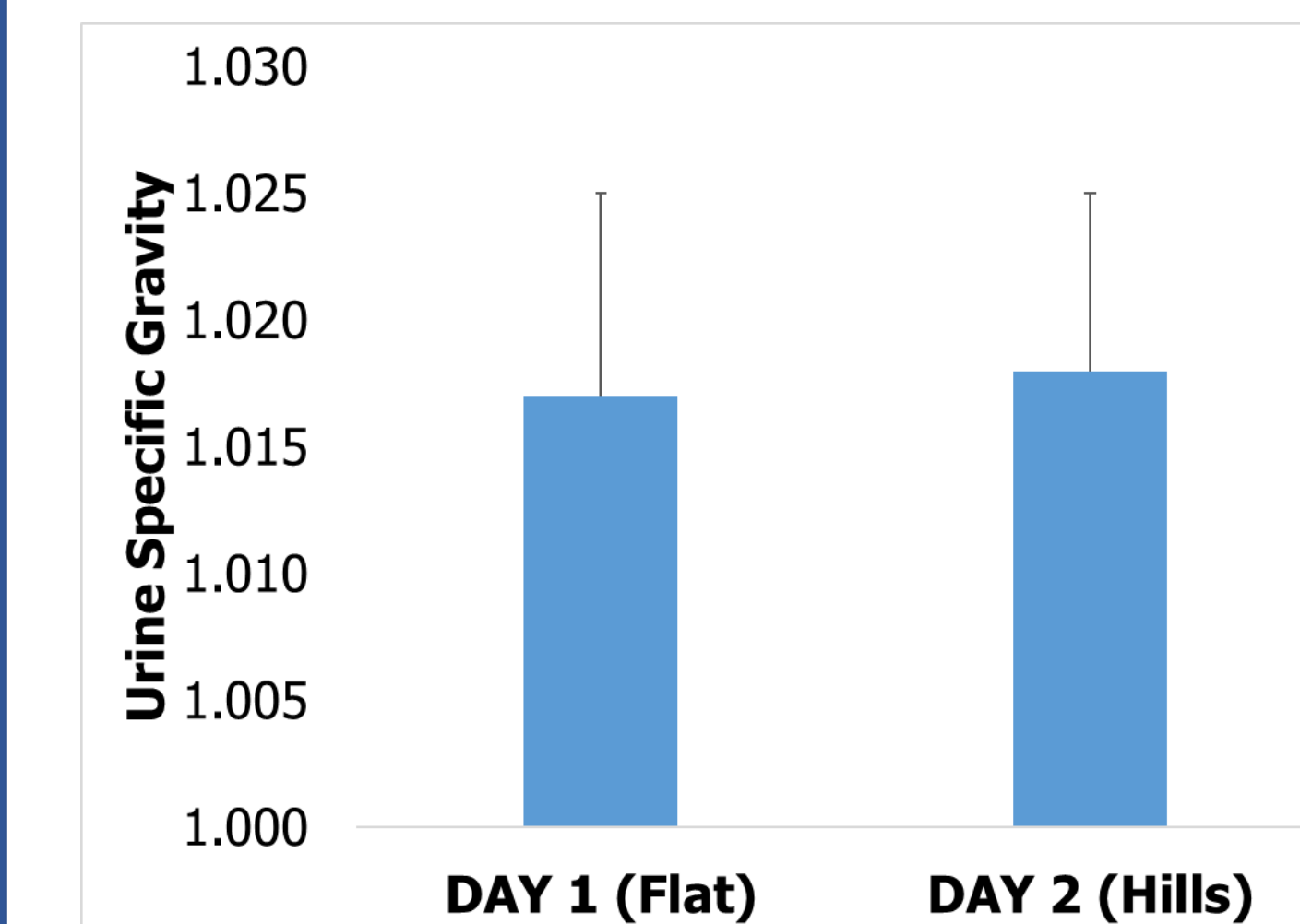


Figure 1. USG was not different between Day 1 (1.017 \pm 0.008) and Day 2 (1.018 \pm 0.007; $p = 0.703$)

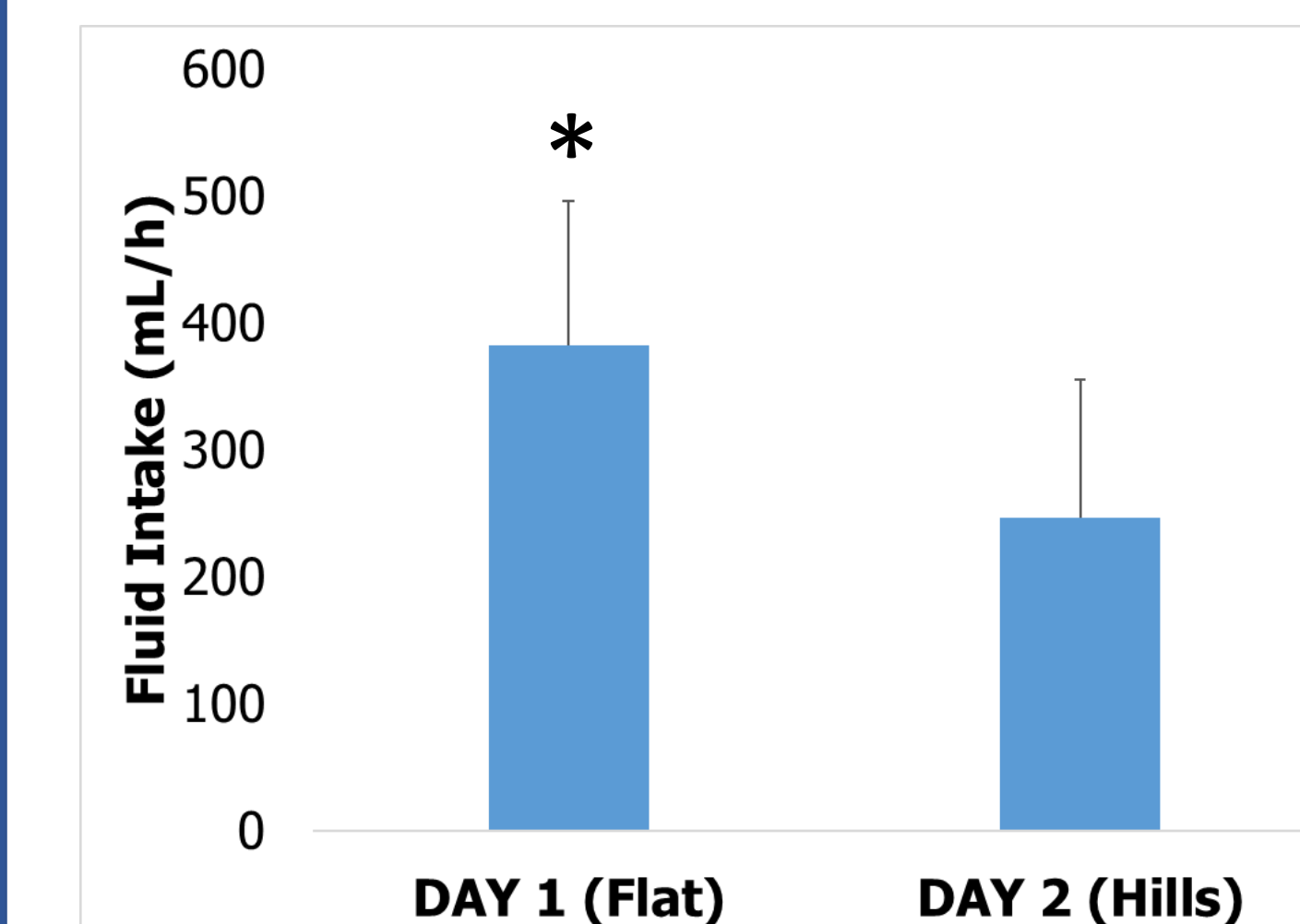


Figure 2. Fluid intake was significantly higher on Day 1 (382.2 \pm 113.6 mL/h) than Day 2 (246.9 \pm 108.7 mL/h; $p < 0.001$)

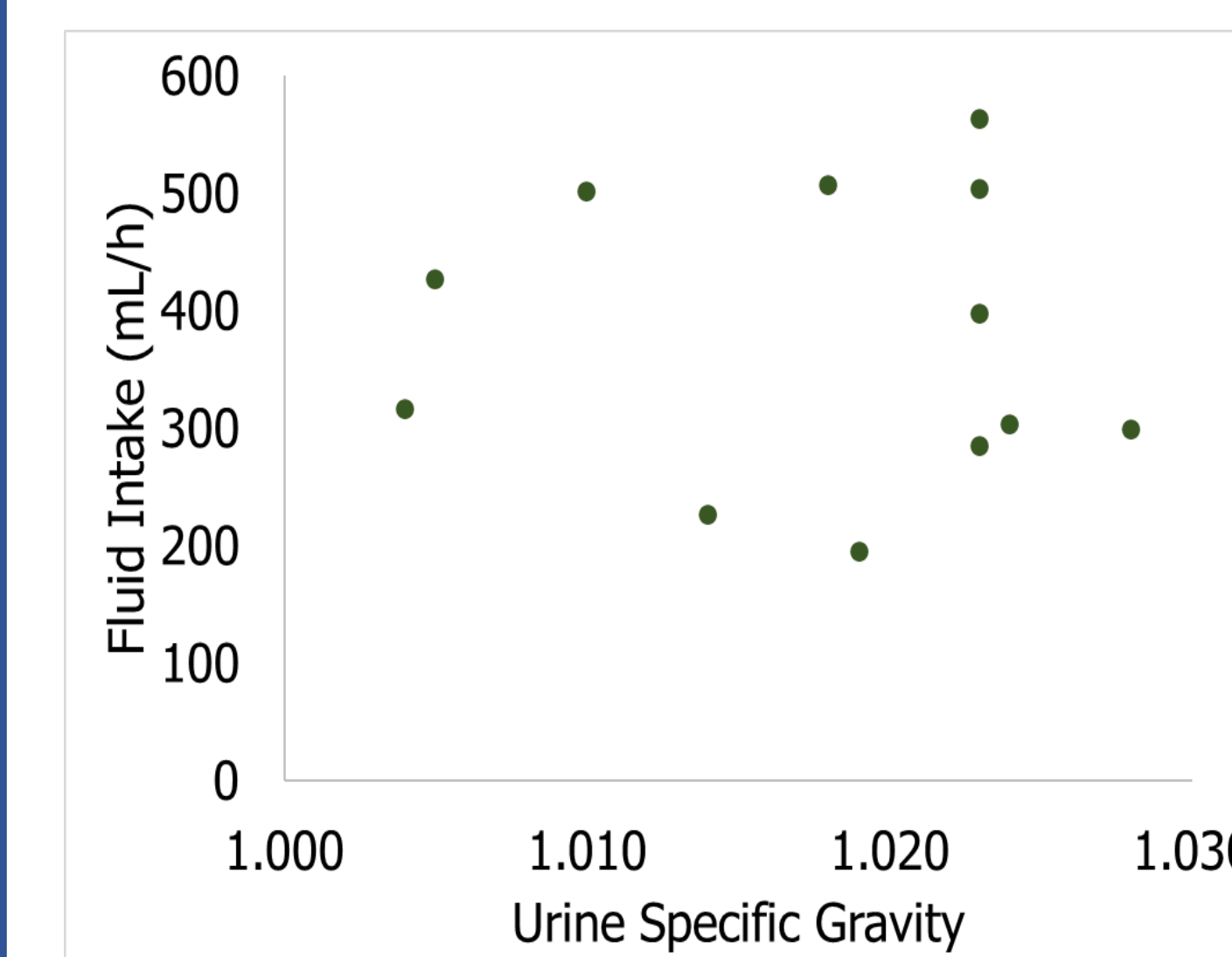


Figure 3. There was no significant correlation between pre-exercise USG and fluid intake on Day 1. ($r = -0.09$, $p = 0.803$)

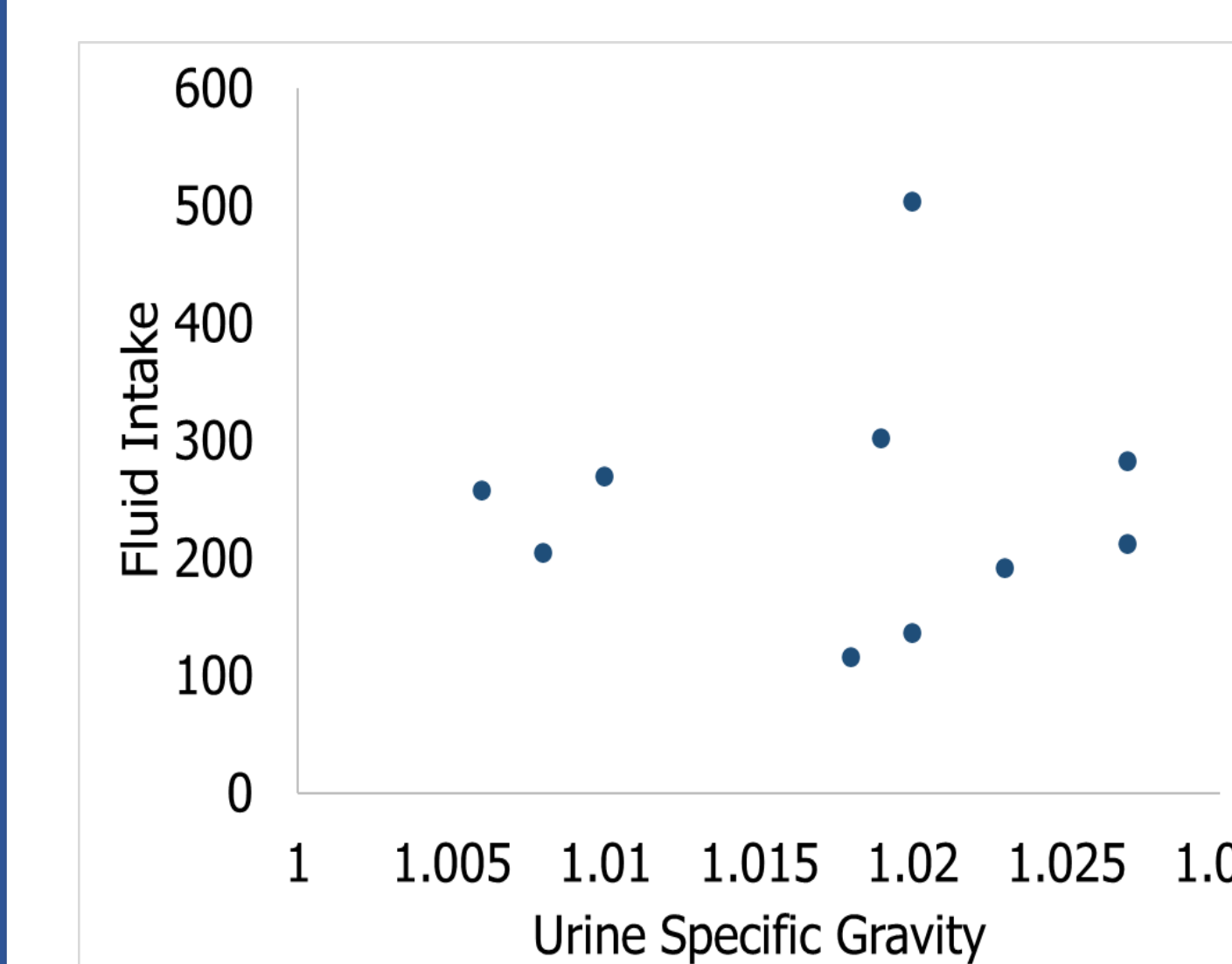


Figure 4. There was no significant correlation between pre-exercise USG and fluid intake on Day 2. ($r = 0.03$, $p = 0.944$)

Acknowledgments

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