

## What is a Sweat Rate?

Your sweat rate is the amount of fluid you lose via sweat in a given time period. As sports performance can be impaired by just 2% dehydration, it is important to make sure you start exercise [well hydrated](#). Sweat rates can vary between individuals; some people will need to consume more fluid than others depending on how much they lose during exercise to avoid dehydration. Monitoring your own sweat rate can give you a good idea of the amount of fluid you should be drinking during training to avoid dehydration and/or how much fluid is required to rehydrate after training.

### Calculate your own Sweat Rate!

It is easy to calculate your own sweat rate by weighing yourself before and after exercise, and accounting for any food or drink you consumed.

Follow this simple formula to calculate your own sweat rate:

**Sweat Loss = (Weight before exercise – Weight after exercise) + (Weight of Food or Drink Consumed)**

**1kg Weight Loss = 1L Sweat Loss!**

These values are estimated per training session\*. So if your session lasted for 90 minutes, you could divide your sweat rate by 1.5 to work out your approximate sweat rate per hour!

\*Remember, your sweat rate will change depending on the type of training you are doing, the training intensity and the environment (heat and humidity).

### DID YOU KNOW?

Your sweat rate can [change](#) depending on training status & heat acclimatisation! Be aware, your sweat rate at the beginning of the summer could be different to the end of the summer for the same session!

