

The Runner's Hydration Cheat Sheet.

How much to drink. When to drink it. What to watch for.

Four pages. Print-friendly. Built for trail runners.

WHAT'S INSIDE

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FROM THE MAKERS OF

Run Ultra — the trail hydration vest built for real runners.

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SECTION 01

How much to drink.

Hydration needs scale with effort, heat, and how much you sweat — but these are the baselines most trail runners get right. Drink to thirst during the run, but have a plan so thirst doesn't get ahead of you.

5K / Short run

UNDER 30 MIN

150–300 ml

Hydrate before. Water is enough.

10K / 1 hour

STEADY EFFORT

300–500 ml

Sip every 15–20 min. Add electrolytes if hot.

Half marathon

1.5–2 HOURS

500–750 ml /hr

Electrolytes on. Small frequent sips.

Ultra / long trail

3 HOURS +

500–800 ml /hr

Electrolytes + calories. Rotate water and mix.

THE RULE OF THUMB

Weigh yourself before and after a training run. For every 1kg lost, you should have drunk roughly 1 litre more. Use that number to calibrate your race-day plan.

SECTION 02

Electrolytes and timing.

Water alone isn't enough for anything over an hour, especially on warm days or technical climbs. Sodium, potassium and magnesium keep your muscles firing and prevent cramp.

SODIUM**300–700 mg/hr**

The most important one. Lost in sweat. Cramp prevention.

POTASSIUM**150–300 mg/hr**

Supports muscle function. Less critical than sodium but adds up.

MAGNESIUM**50–120 mg/hr**

Helps prevent late-run cramping on longer efforts.

SECTION 03

Warning signs — know them.

MILD

Signs: Thirst, dry mouth, slight headache, urine darker than usual.

Do: Slow your pace. Sip steadily. Electrolyte tab.**MODERATE**

Signs: Dizziness, cramping, fatigue beyond effort level, goosebumps in heat.

Do: Stop. Walk. Drink 300–500ml over 15 min. Reassess.**SEVERE**

Signs: Confusion, no sweat despite heat, rapid heartbeat, no urine for 4+ hrs.

Do: Stop immediately. Seek help. This is a medical issue.

SECTION 04

Quick reference.

Clip this page to your fridge, training log, or race-day kit bag.

DISTANCE	WATER	ELECTROLYTES	CALORIES
Up to 5K	150–300 ml	Not needed	Not needed
5K – 10K	300–500 ml	If hot	Not needed
Half marathon	500–750 ml/hr	Yes	30–60 g/hr
Marathon	500–800 ml/hr	Yes	60–90 g/hr
Ultra / 30K+	500–800 ml/hr	Essential	60–90 g/hr + real food

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